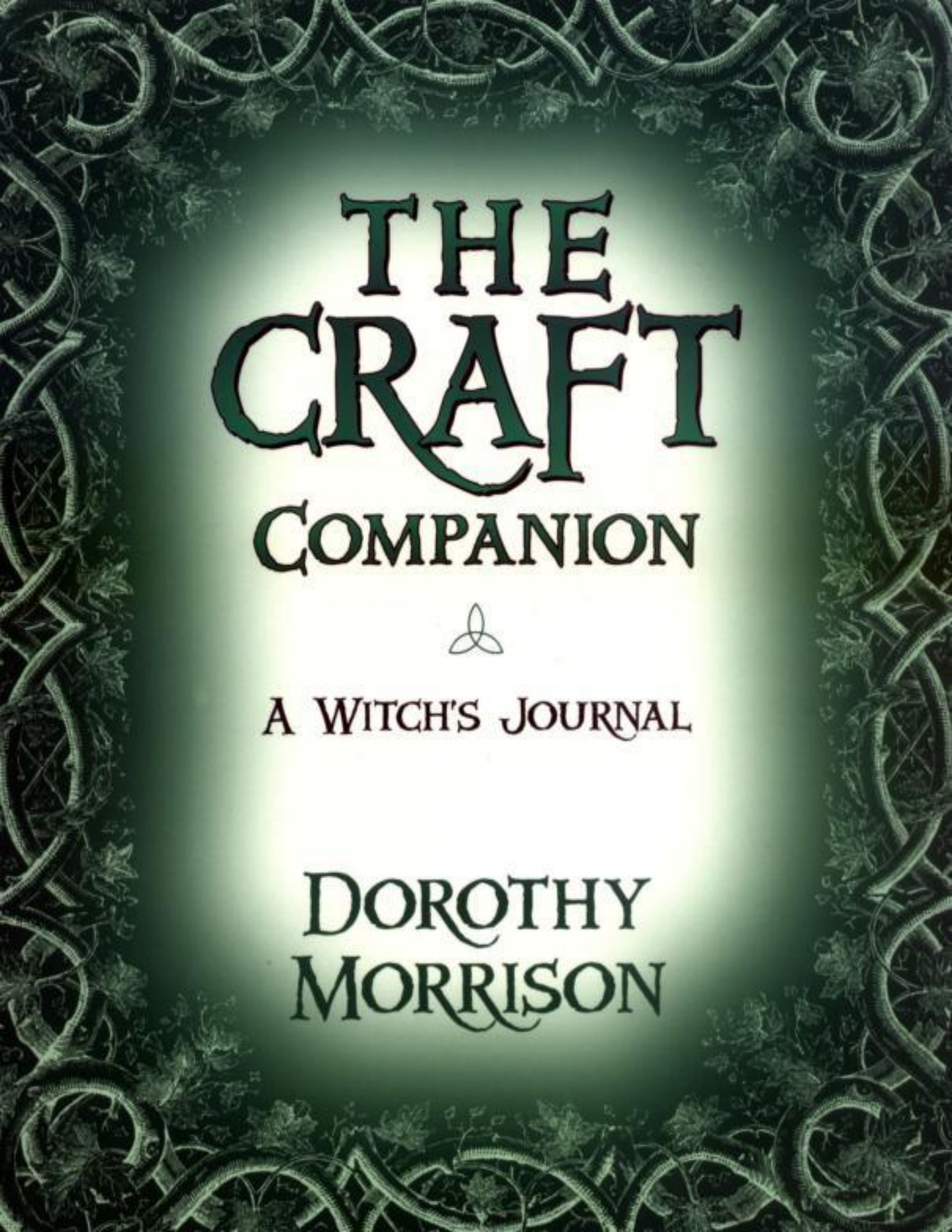


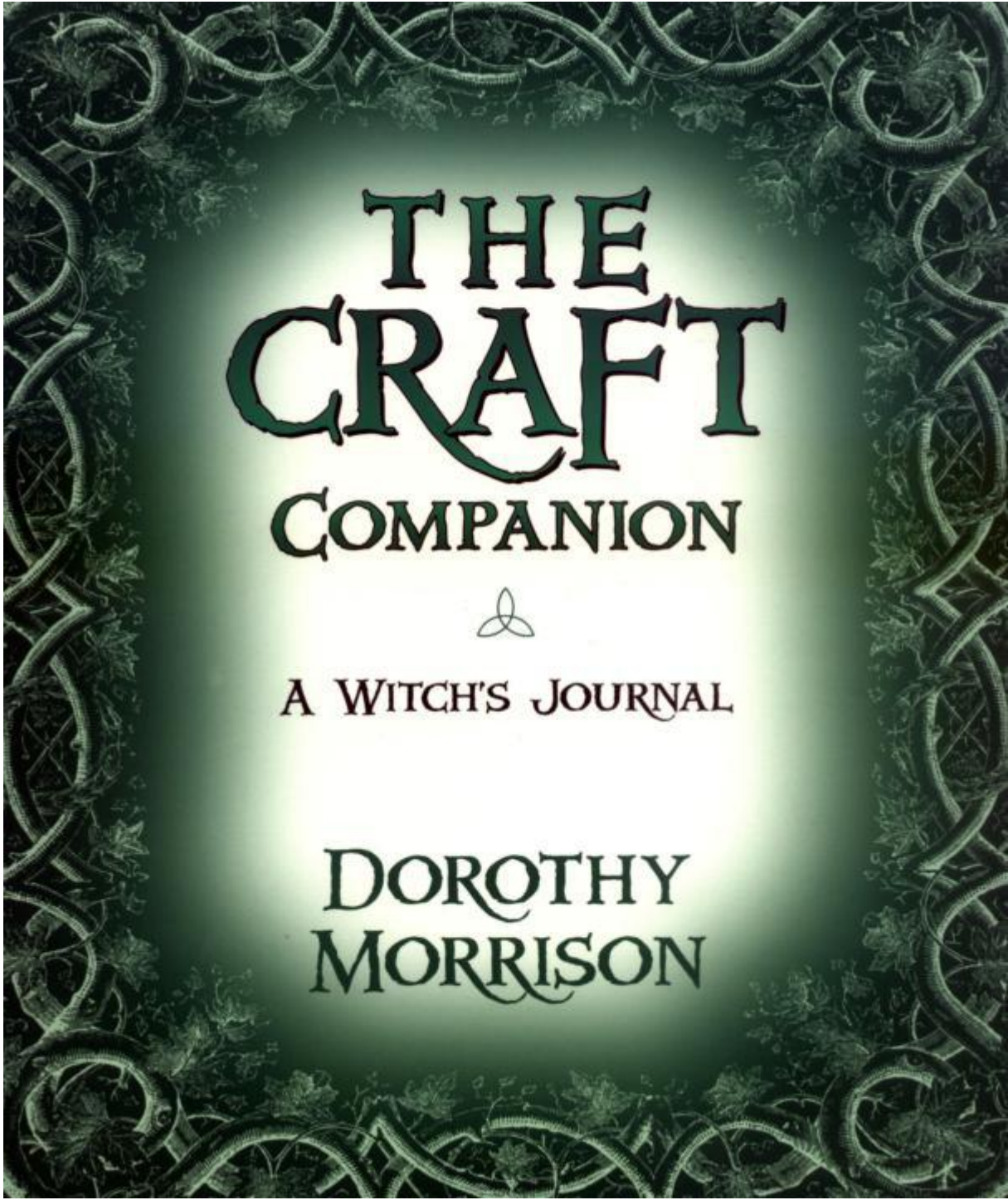


THE CRAFT COMPANION



A WITCH'S JOURNAL

DOROTHY
MORRISON



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**THE
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ABOUT THE AUTHOR

Dorothy Morrison is a Wiccan High Priestess of the Georgian Tradition. She founded the Coven of the Crystal Garden in 1986. An avid practitioner of the Ancient Arts for more than twenty years, she spent many years teaching the Craft to students throughout the United States and Australia and is a member of the Pagan Poet's Society.

An archer and bow hunter, Dorothy regularly competes in outdoor tournaments and holds titles in several states. Her other interests include tarot work, magical herbalism, stonework, and computer networking.

To WRTJE To THE AUTHOR,

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A WITCH'S JOURNAL,

DOROTHY MOR&\$ON

2001

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FIRST EDITION

First Printing, 2001

Cover design by Lisa Novak

Interior illustrations © 2001 by Kate Thomssen

Library of Congress Cataloging-in-Publication Data

Morrison, Dorothy, 1955-

The craft companion: a witch's journal / Dorothy Morrison.

p. cm.

ISBN 0-7387-0093-2

1. Witchcraft. 2. Spiritual journals—Authorship—Miscellanea. I. Title.

BF1566 .M745 2001

2001020384

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Printed on recycled paper in the United States of America

HOW TO USE THIS BOOK

As I WROTE *The Craft*, I realized that folks would need a place to record exercise notes, track study progress, and plan their spells and rituals. I thought of adding blank pages, but scrapped the idea as soon as it entered my head. The reason was simple: Since most folks absolutely refuse to write in their text books, adding pages that no one would really use was just a waste of paper.

That being the case, something else was necessary. Something entirely different. Something with lots of blank pages that simply begged to be written upon. The answer was a journaling tool of sorts-and to that end, *The Craft Companion* was born.

While this book can definitely be used to record exercise notes and track magical progress, its usefulness doesn't stop there. Because it contains more than a hundred spells and magical ideas, *The Craft Companion* goes one step further. It also provides the perfect tool for starting your very first Book of Shadows-and that's something very special, indeed.

To use this book in such a fashion, begin by choosing one of the spells inside. Just write down the current day of the week (Monday, Tuesday, Wednesday, and so on) and the phase of the moon (dark, waxing, full, or waning). If you have an ephemeris at your disposal, you may wish to check the sign of the moon and jot it down as well. Since particular signs are more fruitful than others, this information could prove useful later when checking your results.

Next, write down the time and perform the spell.

Afterward, make notes of everything you did and everything that happened. Notice the candle flame, for example. Did it flicker, dance, or just burn strong and true? Jot down other things, too. Things like fleeting thoughts, mental pictures, or physical exhaustion. Did anything unusual happen? This could be as simple as a falling leaf or as complex as an

unexpected vision or message. All these things are important. And all of them need to be recorded.

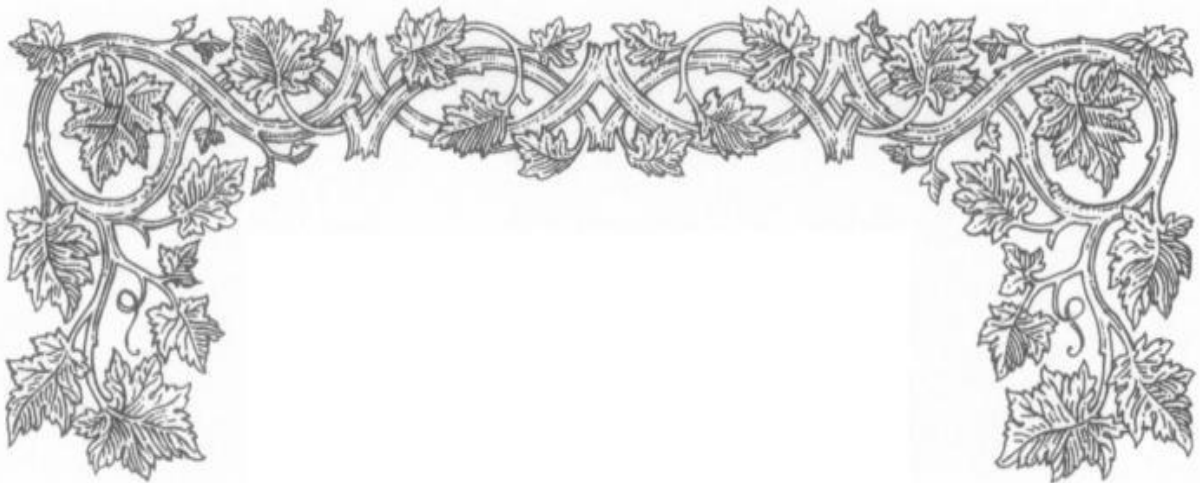
Finally, record the results. Did the spell work or not? (Be aware that magic usually works in twenty-one days or not at all.) If it did, mark the page with a star or some other special symbol. That way, you'll know to perform the spell in exactly the same way should you ever choose to use it again.

If it didn't, though, don't fret. Just go back to the information you wrote down. First, check to see if there was a problem with the day of the week or the moon phase. A love spell, for instance, has a better chance of success if performed under a waxing or full moon. Its chances of manifestation also increase if it's performed on Friday, the day of Venus, the Goddess of Love. That being the case, make some appropriate notes so you'll be able to increase your success ratio the next time you perform the spell.

Don't be afraid to use the book to record other magical data as well. Jot down an incense recipe here, an herbal remedy there, the details of a dream, or maybe even a poem that meandered through your brain during daily meditation. That is, after all, what compiling a Book of Shadows is all about: the chronicling of your steps on the personal path—a path like no other—a path that you, alone, design as you discover the wonders and mysteries of the magical life.

RDE OF THE WICCA

Bide the Wiccan Law you must, in perfect love and perfect trust. Live and let live; fairly take and fairly give. Cast the Circle thrice about, to keep all evil spirits out. To bind the spell every time, let the spell be spake in rhyme. Soft of eye and light of touch, speak little and listen much. Deosil go by the waxing Moon, sing and dance the Witches' Rune. Widdershins go when the Moon doth wane, and werewolf howls by the dread wolfsbane. When the Lady's Moon is new, kiss thy hand to Her times two. When the Moon rides at Her peak, then your heart's desire speak. Heed the Northwind's mighty gale, lock the door and drop the sail. When the wind comes from the South, love will kiss thee on the mouth. When the Westwind blows o'er thee, departed spirits restless be. Nine woods in the cauldron go, burn them fast and burn them slow. Elder be the Lady's tree-burn it not, or cursed be! When the Wheel begins a turn, let the Beltane fires burn. When the Wheel hath turned to Yule, light the log and let Pan rule. Heed ye flower, bush, and tree, and by the Lady, Blessed Be! Where the rippling waters flow, cast a stone and truth you'll know. Whenever ye have a need, harken not to others' greed. With the fool, no seasons spend, nor be counted as his friend. Merry Meet and Merry Part, bright the cheeks and warm the heart. Mind the Threefold Law ye should, three times bad an' three times good. When misfortune is enow, wear the Blue Star on your brow. True in love ever be, unless thy love is false to thee. Eight words the Wiccan Rede fulfill: "An' it harm none, do what ye will!"



STONE SPELL FOIE PROPHETIC DRAMS

For dreams filled
with prophesy or
visions of the future,
all you need is a
small piece of citrine.
Hold the stone firmly
between your palms
and enchant it by
saying:

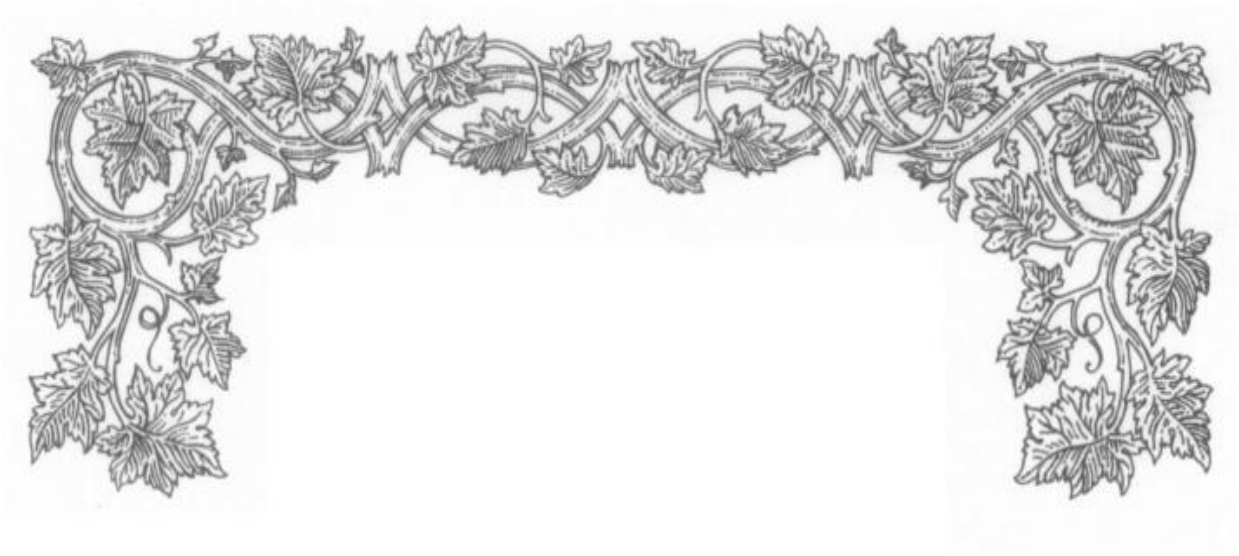
Stone of wonder, stone of might Stone that shines deep in the night Shine
into the future deep And bring its visions while I sleep

Continue to hold the
stone until you feel a
pulsing sensation,
then place it beneath
your pillow (inside
the case). Prophetic
dreams will come for
as long as it stays
there.



Blank lined paper with horizontal ruling lines and dashed midlines for handwriting practice.



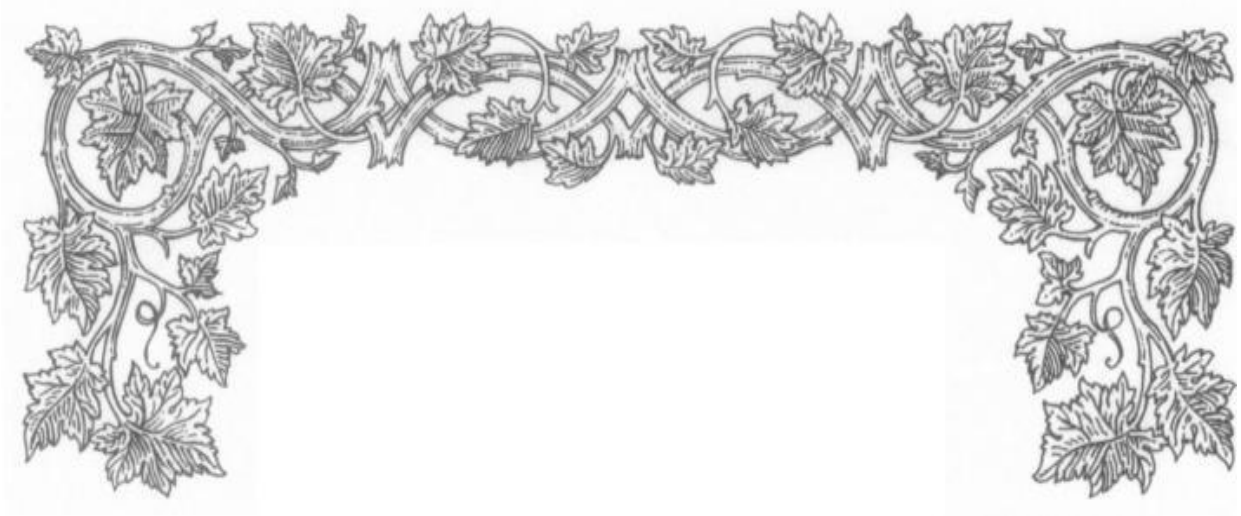


TO DETERMINE IF THE OBJECT OF YOUR AFFECTIONS IS TRUE TO YOU

Pick a sprig of basil
(or purchase the fresh
herb at your local
supermarket) on the
new moon. Enchant it
by saying:

Basil, basil, hear my plea Do now what I ask of thee Stay fresh and green if
love is true But shrivel if it's not on cue

Place the sprig into
the hand of the one
you love. If it shrivels
up right away,
someone else holds
the key to his or her
heart. If it doesn't,
your love is true to
you.



FOF,_GENIERAL FINANCIAL GAIN

For this spell, you'll need a penny, nickel, dime, and quarter, and a green candle. Wait until a Thursday morning, then arrange the coins around the candle in a circle. Light the candle and say:

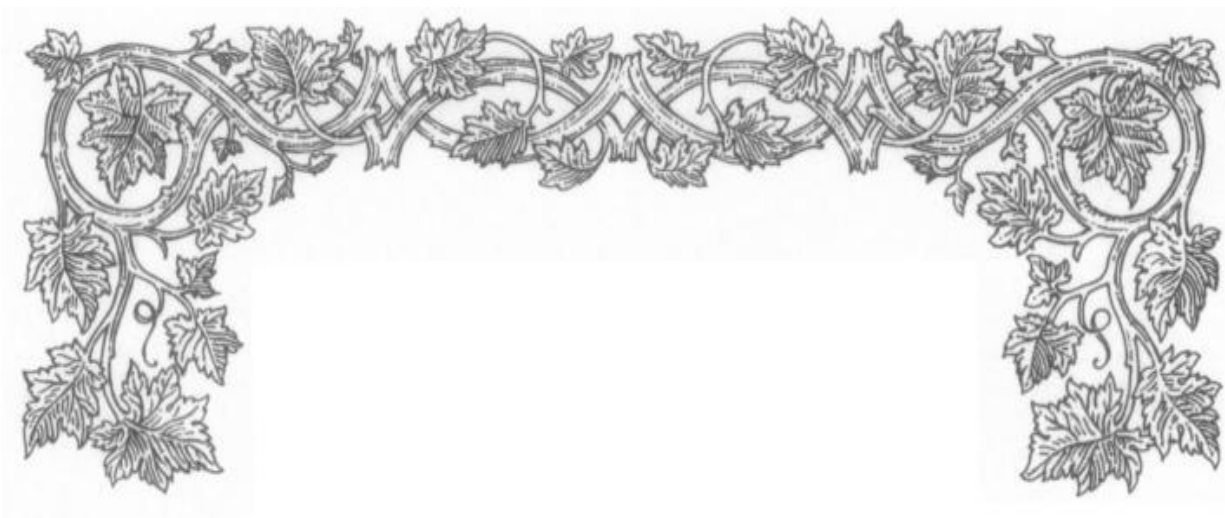
Bring cash-now send it on its way Bring it now. Right here. Today.

Visualize yourself being surrounded by money. Let the candle burn all the way down. Carry the coins with you.



Blank lined paper with horizontal ruling lines and dashed midlines for handwriting practice.





SPELL TO KINDLE ROMANCE

To bring about romance that makes you weak in the knees, gather six red rose buds and a pink candle. Arrange the rose buds in the shape of a heart in front of the candle, then light the wick as you chant:

Venus, Goddess of Romance Help me in this loving dance Give me what I
most desire By the light of candle fire

After the candle burns out, place the rose buds in your pillowcase.



MORNING THANKSGIVING PRAYER

To ensure a joyous and productive day, start each morning by lighting a white candle and saying the following prayer. You'll be amazed at the blessings you'll receive!

I give You thanks for all You do For obstacles, and smooth roads, too For challenges that make me grow And all the pleasant things that show That You are looking after me I thank You, Ancients! Blessed be!

[illegible][illegible]

Q 20	Q 19	Q 18	Q 17	Q 16	Q 15	Q 14	Q 13	Q 12	Q 11	Q 10	Q 9	Q 8	Q 7	Q 6	Q 5	Q 4	Q 3	Q 2	Q 1	Q 0	Q -1	Q -2	Q -3	Q -4	Q -5	Q -6	Q -7	Q -8	Q -9	Q -10	Q -11	Q -12	Q -13	Q -14	Q -15	Q -16	Q -17	Q -18	Q -19	Q -20	Q -21	Q -22	Q -23	Q -24	Q -25	Q -26	Q -27	Q -28	Q -29	Q -30	Q -31	Q -32	Q -33	Q -34	Q -35	Q -36	Q -37	Q -38	Q -39	Q -40	Q -41	Q -42	Q -43	Q -44	Q -45	Q -46	Q -47	Q -48	Q -49	Q -50	Q -51	Q -52	Q -53	Q -54	Q -55	Q -56	Q -57	Q -58	Q -59	Q -60	Q -61	Q -62	Q -63	Q -64	Q -65	Q -66	Q -67	Q -68	Q -69	Q -70	Q -71	Q -72	Q -73	Q -74	Q -75	Q -76	Q -77	Q -78	Q -79	Q -80	Q -81	Q -82	Q -83	Q -84	Q -85	Q -86	Q -87	Q -88	Q -89	Q -90	Q -91	Q -92	Q -93	Q -94	Q -95	Q -96	Q -97	Q -98	Q -99	Q -100	Q -101	Q -102	Q -103	Q -104	Q -105	Q -106	Q -107	Q -108	Q -109	Q -110	Q -111	Q -112	Q -113	Q -114	Q -115	Q -116	Q -117	Q -118	Q -119	Q -120	Q -121	Q -122	Q -123	Q -124	Q -125	Q -126	Q -127	Q -128	Q -129	Q -130	Q -131	Q -132	Q -133	Q -134	Q -135	Q -136	Q -137	Q -138	Q -139	Q -140	Q -141	Q -142	Q -143	Q -144	Q -145	Q -146	Q -147	Q -148	Q -149	Q -150	Q -151	Q -152	Q -153	Q -154	Q -155	Q -156	Q -157	Q -158	Q -159	Q -160	Q -161	Q -162	Q -163	Q -164	Q -165	Q -166	Q -167	Q -168	Q -169	Q -170	Q -171	Q -172	Q -173	Q -174	Q -175	Q -176	Q -177	Q -178	Q -179	Q -180	Q -181	Q -182	Q -183	Q -184	Q -185	Q -186	Q -187	Q -188	Q -189	Q -190	Q -191	Q -192	Q -193	Q -194	Q -195	Q -196	Q -197	Q -198	Q -199	Q -200	Q -201	Q -202	Q -203	Q -204	Q -205	Q -206	Q -207	Q -208	Q -209	Q -210	Q -211	Q -212	Q -213	Q -214	Q -215	Q -216	Q -217	Q -218	Q -219	Q -220	Q -221	Q -222	Q -223	Q -224	Q -225	Q -226	Q -227	Q -228	Q -229	Q -230	Q -231	Q -232	Q -233	Q -234	Q -235	Q -236	Q -237	Q -238	Q -239	Q -240	Q -241	Q -242	Q -243	Q -244	Q -245	Q -246	Q -247	Q -248	Q -249	Q -250	Q -251	Q -252	Q -253	Q -254	Q -255	Q -256	Q -257	Q -258	Q -259	Q -260	Q -261	Q -262	Q -263	Q -264	Q -265	Q -266	Q -267	Q -268	Q -269	Q -270	Q -271	Q -272	Q -273	Q -274	Q -275	Q -276	Q -277	Q -278	Q -279	Q -280	Q -281	Q -282	Q -283	Q -284	Q -285	Q -286	Q -287	Q -288	Q -289	Q -290	Q -291	Q -292	Q -293	Q -294	Q -295	Q -296	Q -297	Q -298	Q -299	Q -300	Q -301	Q -302	Q -303	Q -304	Q -305	Q -306	Q -307	Q -308	Q -309	Q -310	Q -311	Q -312	Q -313	Q -314	Q -315	Q -316	Q -317	Q -318	Q -319	Q -320	Q -321	Q -322	Q -323	Q -324	Q -325	Q -326	Q -327	Q -328	Q -329	Q -330	Q -331	Q -332	Q -333	Q -334	Q -335	Q -336	Q -337	Q -338	Q -339	Q -340	Q -341	Q -342	Q -343	Q -344	Q -345	Q -346	Q -347	Q -348	Q -349	Q -350	Q -351	Q -352	Q -353	Q -354	Q -355	Q -356	Q -357	Q -358	Q -359	Q -360	Q -361	Q -362	Q -363	Q -364	Q -365	Q -366	Q -367	Q -368	Q -369	Q -370	Q -371	Q -372	Q -373	Q -374	Q -375	Q -376	Q -377	Q -378	Q -379	Q -380	Q -381	Q -382	Q -383	Q -384	Q -385	Q -386	Q -387	Q -388	Q -389	Q -390	Q -391	Q -392	Q -393	Q -394	Q -395	Q -396	Q -397	Q -398	Q -399	Q -400	Q -401	Q -40
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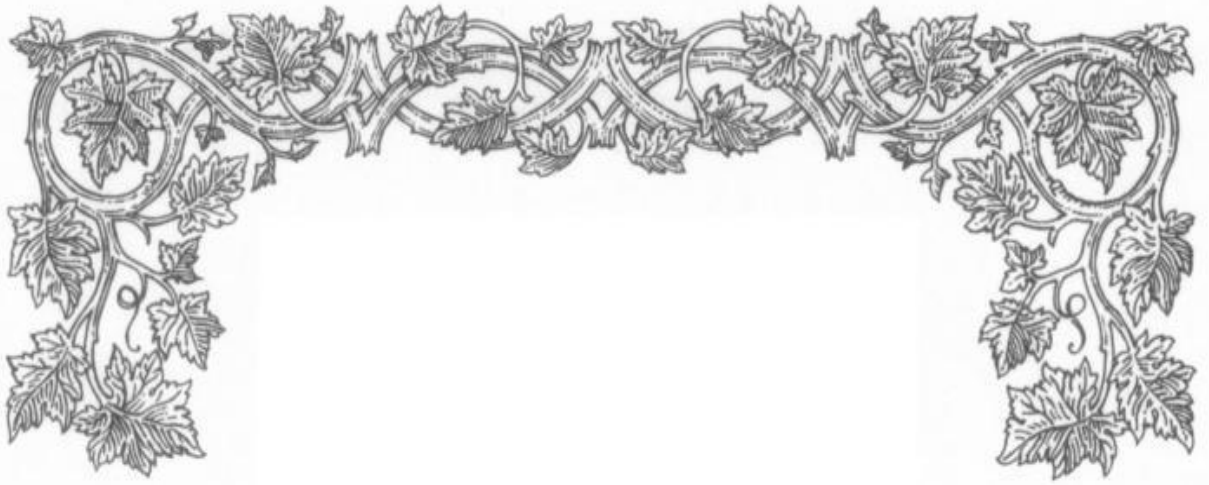
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[illegible]



TOAST FOR LUCK AND GENERAL SUCCESS

To obtain the Sun's blessings of good luck and general success, rise just before dawn. Fill a glass with orange juice and take it outside, facing East. Just as the Sun crests the horizon, hold the glass high and toast the Sun by saying:

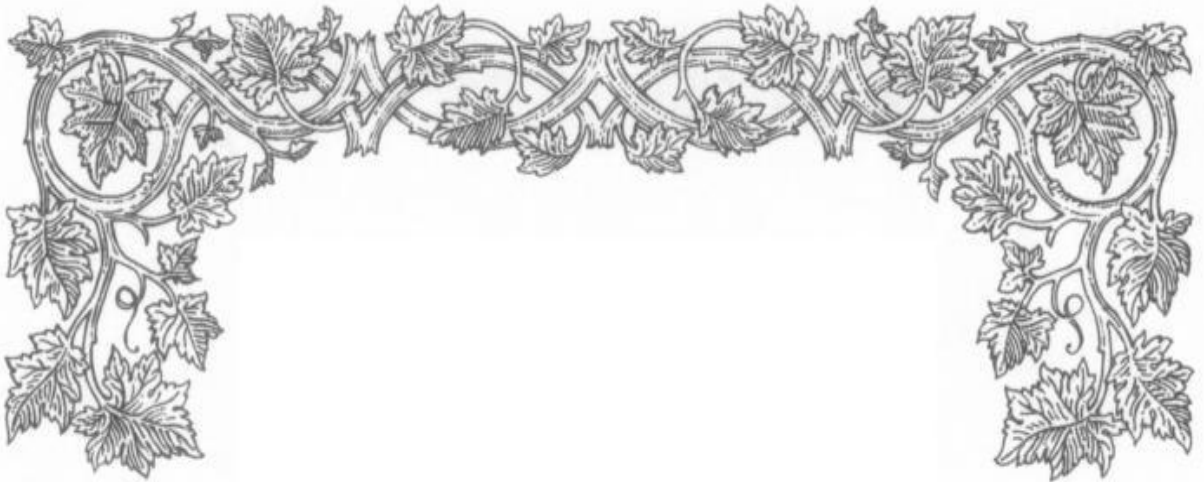
O mighty Sun of warmth and light O Sun of power and of might Look down
on me this gorgeous day And send good fortune now my way



A BLESSING FOR, KITCHEN HERBS

To bless kitchen herbs, rise at dawn and gather the herbs together on the kitchen counter. Hold your hands above them (palms down) and say:

God and Goddess of the good Earth Bless these herbs with love and mirth
And as their powers are released Let them flavor well each feast



A CHANT FOI~CI~ATIVITY

To unblock personal
inspiration and
creativity, try the
chant below. The
results are more than
just successful-they're
immediate!

Minerva and Athena! Grant me now Your panacea Bring ideas into the flow
And let creative urges grow



Blank lined paper for writing.





BAKING SPELL TO OBTAIN WISHES AND DESIRES

To obtain your most
heartfelt desires,
begin by baking
something-cookies,
cake, pie, bread-in
honor of Vesta, the
Goddess of Hearth
and Fire. As the item
cools, enchant it by
saying:

Vesta of the hearth and fire Bring to me what I desire Grant your blessings
on this fodder That I consume now in Your honor

Eat some of the
baked goods, and
know that Vesta will
bring your wishes to
fruition.



Blank lined paper with horizontal ruling lines.

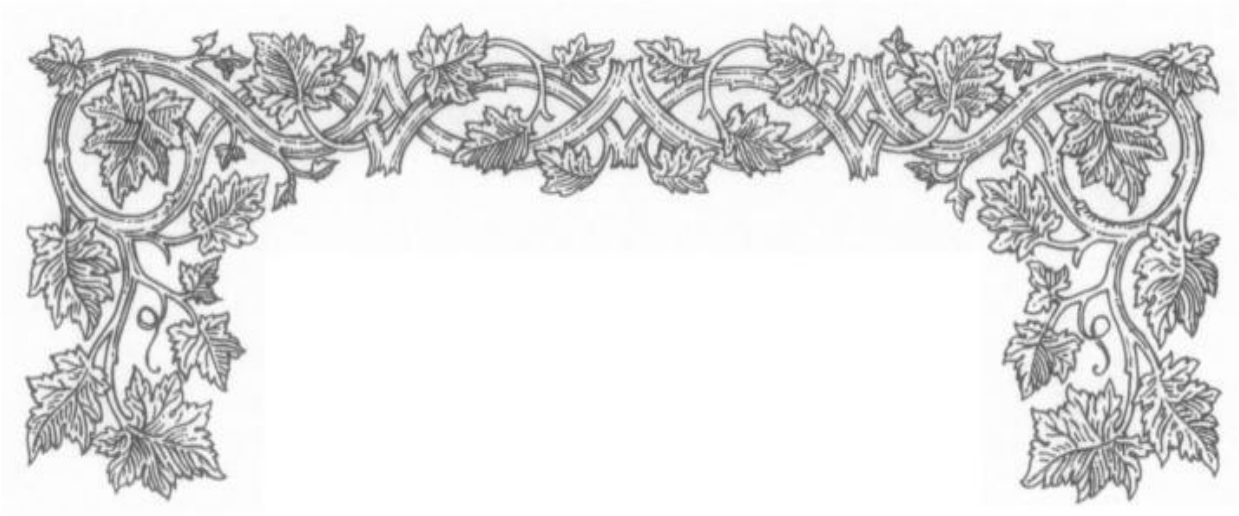




THE WISHING WELL

To make the wishing well, you'll need a small fish bowl, some aquarium gravel or small stones, and an assortment of pennies. Fill the bowl half-full of gravel, and add water to the top. When the water clears, make a wish and toss in a penny while saying the following chant to Domna, Keeper of the Sacred Stones.

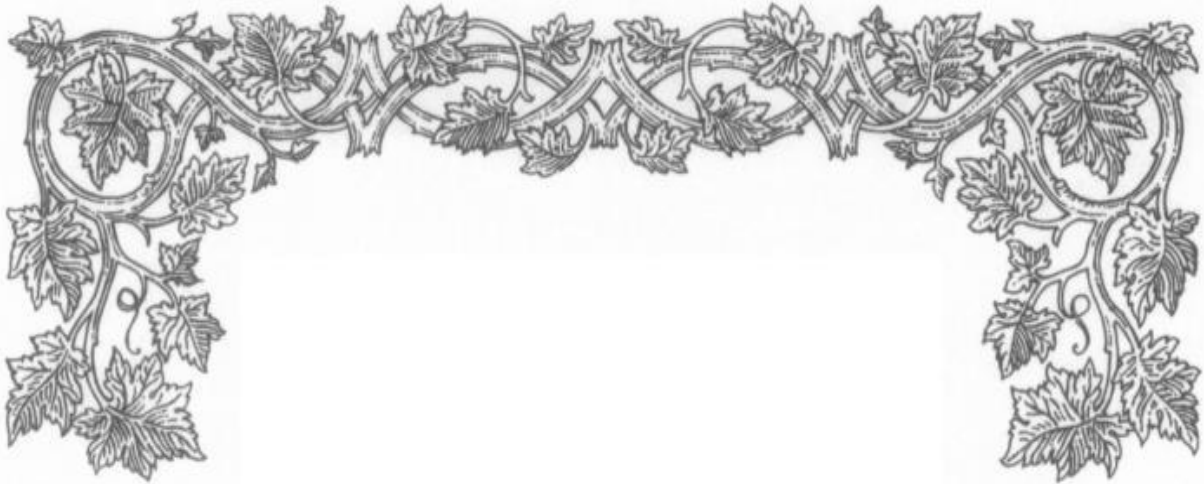
Domna of the Sacred Stones I send this wish to You, alone Bring results
right back to me As I will, so mote it be



EARTH APPRECIATION SPELL,

Today, give
something back to
Mother Earth for all
that She gives you.
This gift doesn't have
to be extravagant.
Some mulch, a bit of
cornmeal, some
fertilizer sticks, or a
few pennies will do.
As you plant your gift
in the ground, kiss the
Earth and softly say:

Mother Earth, I give to You This small gift for all You do Take it, please, and
smile on me As I walk Your path now. Blessed be!



BLESSING FOP.,PI II,VACY

To enchant your
favorite resting place
or personal space for
privacy, just stand in
the doorway and ask
the Lady for help by
saying:

O Lovely Lady, lend an ear And grant me privacy in here So those who look
for me can't see Grant invisibility



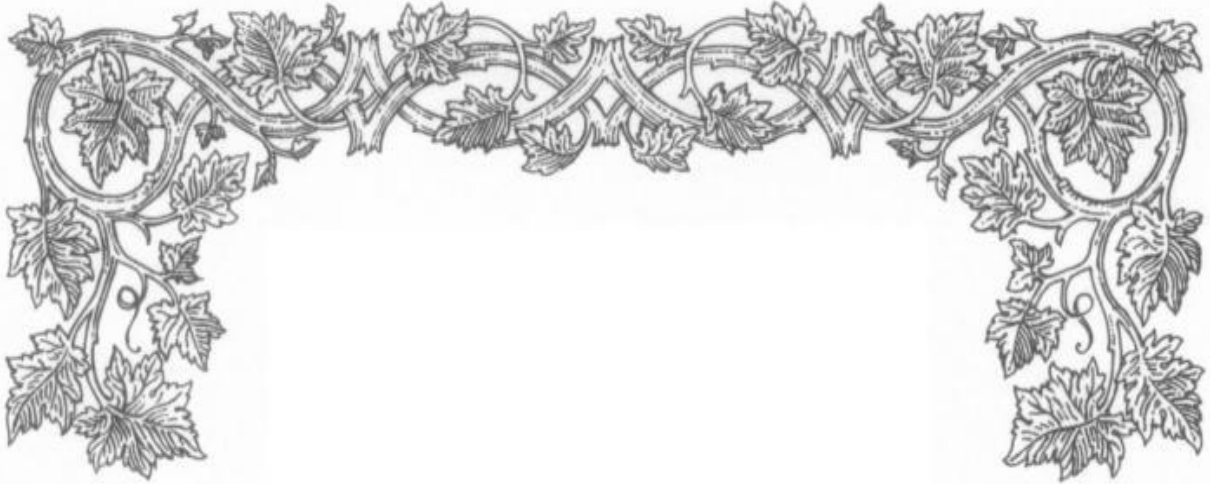
SPELL FOR STRONG FAMILY BONDS OIL LASTING FRIENDSHIPS

Begin this spell by presenting each family member or friend with an acorn. Once everyone has their acorn, have them join hands in a circle and ask the blessing of the oak by saying together:

We honor you, O Mighty Oak Grant your strength unto these folks Let it surge throughout these seeds And make us strong in thought and deed

Then ask each person to carry their acorn charms with them at all times. As they do, the bonds between

them will grow and
solidify.



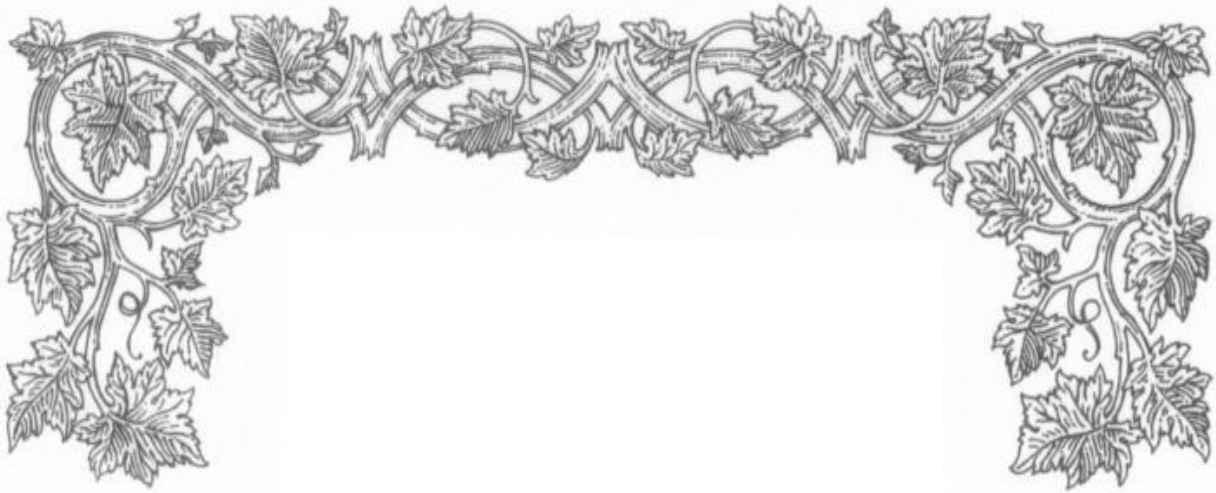
SPELL TO CALL THE FAIRLES AND FEY

To call fairies, fey, and other wee folk to you, all you need is a shiny dime and a couple of tablespoons of dried thyme. Just hold the dime and herbs in your hand, then invoke them by saying:

I call on You who fly and flit To talk with me for just a bit And in return, I'll
give this thyme And this shimmering, silvery dime

After they come and you've had time to chat a bit, toss the money and herbs on the wind. (Be sure to keep the gifts in your hand until you're ready for them to

leave. The fey are sly folk and won't stay long unless you have something that they want!)



SPELL TO KEEP FRAM RUNNING OUT OF GAS

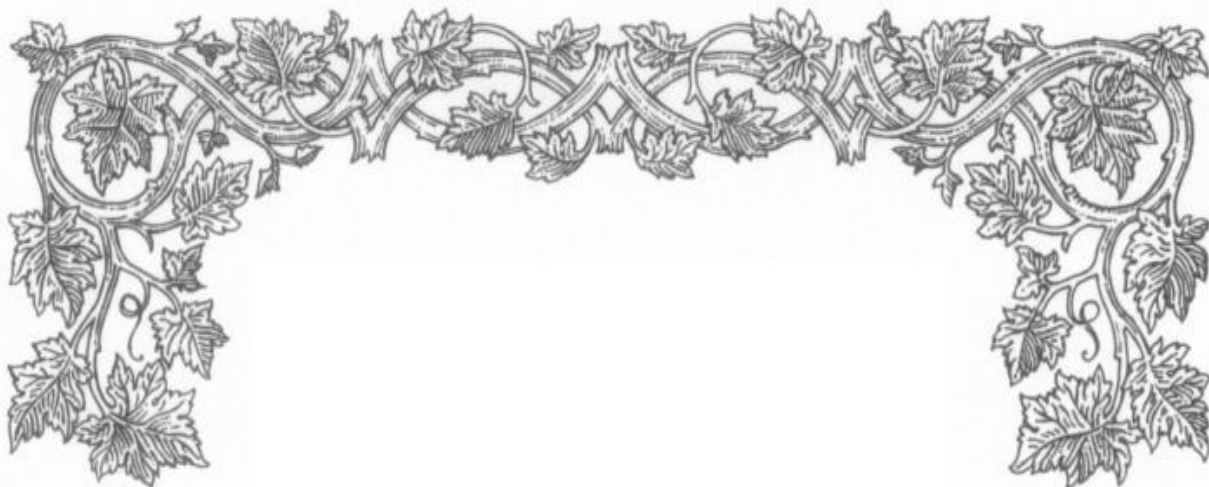
If you get stuck in traffic on the way to the service station and it looks like you might run out of gas, try the following chant while visualizing the fuel expanding inside your tank. It will keep you moving until you find the fuel pump.

Gods of petrol, fuel, and gas Expand my fuel and do it fast!



Blank lined paper with horizontal ruling lines and dashed midlines, resembling notebook paper.





CHANT FOR BETTER COMMUNICATION SKILLS

To dispel troubles
with oral or written
communication, call
on Sarasvati, the
Goddess of
Eloquence, by
chanting:

O Sarasvati, come right now I need Your help, so please allow The honor of
Your presence here Let all my words ring loud and clear



SPELL FOR, PERSONAL POWE

To increase your personal power, take a yard of string, ribbon, or yarn, and tie a knot in its center while saying:

I am power; I'm divine I am God/dess by design I am all there is to be
Power's mine. So mote it be!

Repeat this spell for eight more days, tying knots of equal distance until there are nine. Then put the cord in a safe place and wear it on the Sabbats.



SPELL, TO BRING RAIN

To bring rain, wait
until a sunny
morning, then pick a
handful of ferns.
Burn the ferns to ash
while continuously
chanting the
following verse.

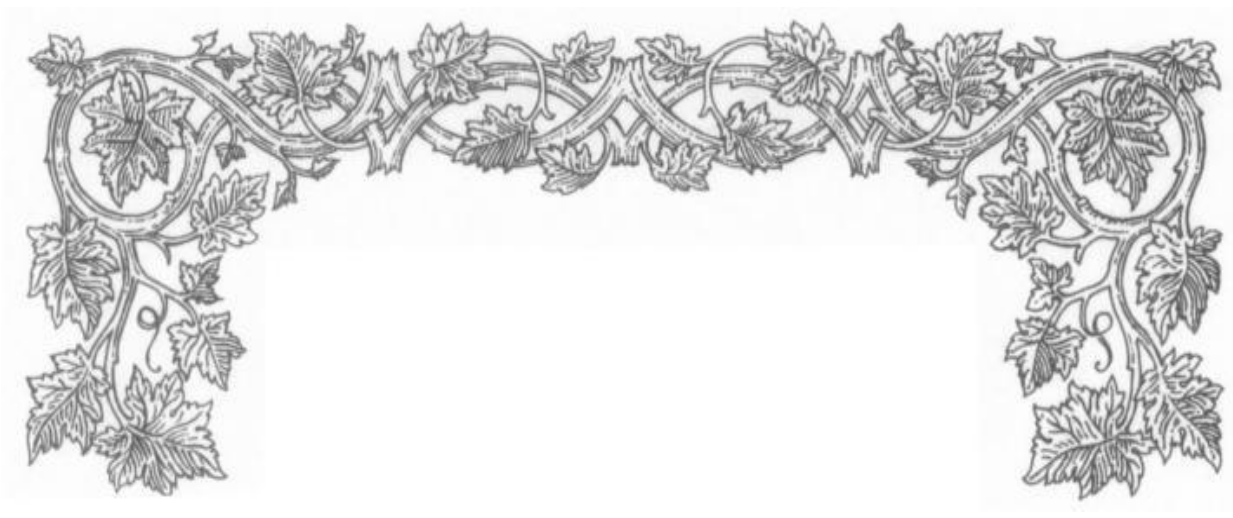
Bring us rain and bring it fast Soothe this parching drought at last But bring
us only what we need So all are safe within this deed

When the ashes are
cool, scatter them on
the ground and
visualize the rain
washing them away.



Blank lined paper with horizontal ruling lines and dashed midlines, resembling notebook paper.





SPELL FORA SPECIAL NEED

On a night when the moon is waxing, gather nine stones (all different colors) and a white candle. Light the candle, then enchant each stone with the following verse.

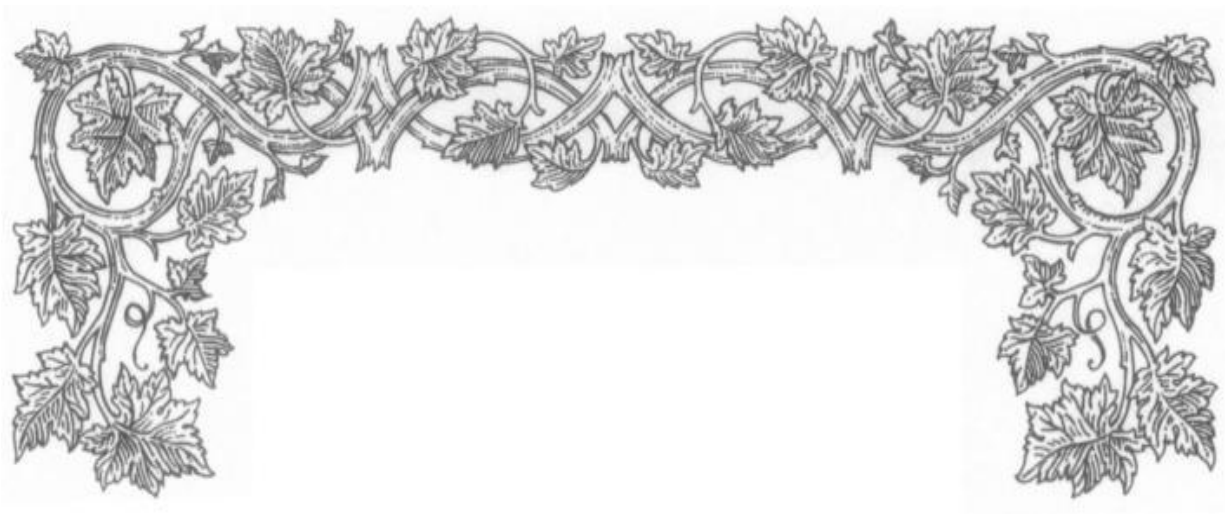
Bring to me my heart's desire By Elements of Air and Fire By Water
Element, as well Of which the concentrated gel Makes Your existence and
the Earth I ask you this in love and mirth

Place the stones on the altar in front of the candle, and allow the wick to burn down completely. Then bury the stones in the ground.



Blank lined paper with horizontal ruling lines and dashed midlines for handwriting practice.





SPELL FOR _HEALING

For this spell, all you need is a glass of water. Take it to wherever you are most comfortable-the couch, the kitchen table, or the bed, for example-and relax. Then blow across the water's surface and say:

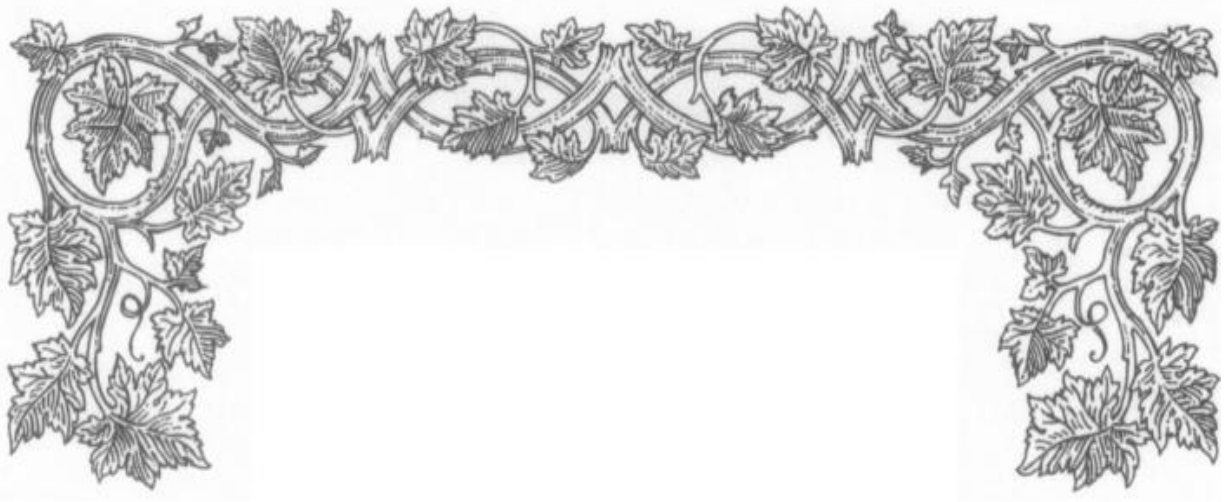
I heal myself of (problem) With this water, I am free By the power of
Ancients And my will, so mote it be

When you are finished, drink the water and know that healing is on its way.



Blank lined paper with horizontal ruling lines and dashed midlines for handwriting practice.





SIMPLE SPELL BINDING

To keep all safe from
harm during
spellwork, use the
following binding
chant with every
magical effort you
perform.

By karmic power of number three This spell tied and knotted be So that its
contents stay together And can't harm human, beast, or weather

[illegible]

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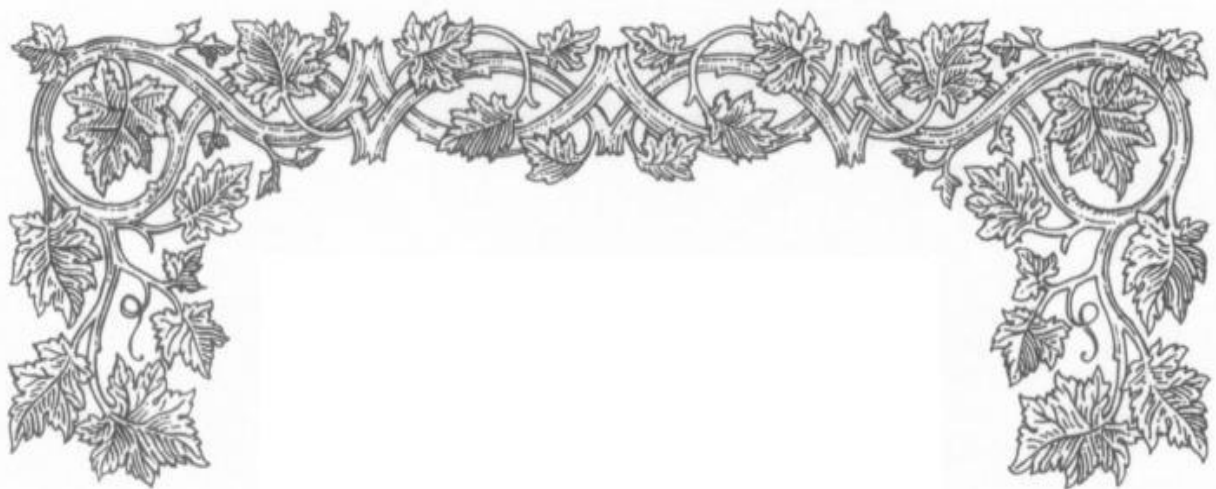
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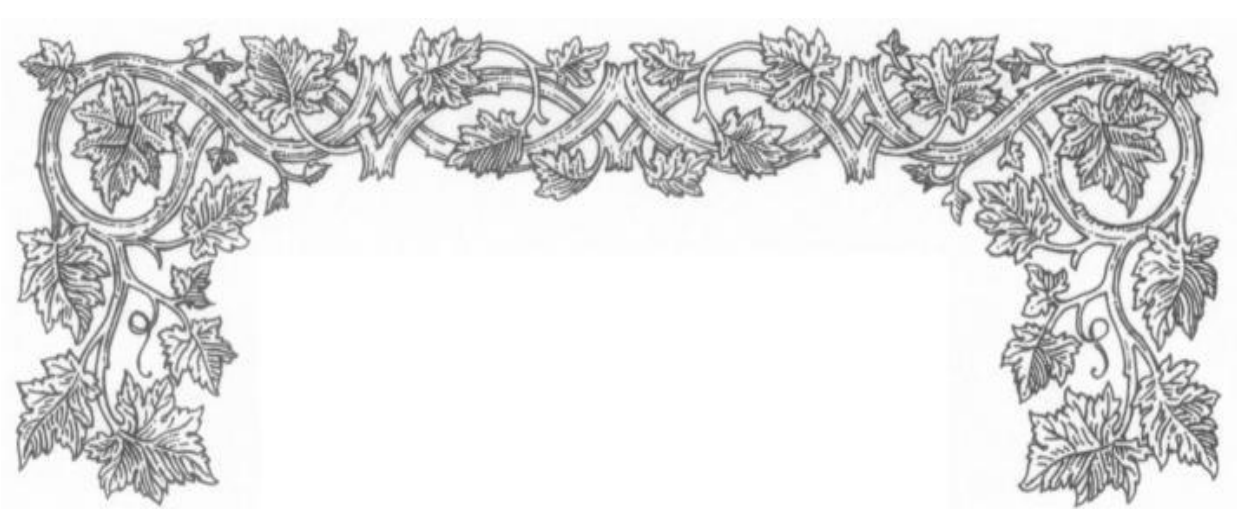
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DANDELION SPELL FOR PSYCHIC POWER

Go outside on a sunny day and pick some dandelions, then fashion them into a small wreath. As you place the wreath on your head, invoke the spirit of the dandelion by saying something like:

O little crown of flowers, gold Help me see what I'm not told Let me feel
and hear it, too Do now what I ask of you!



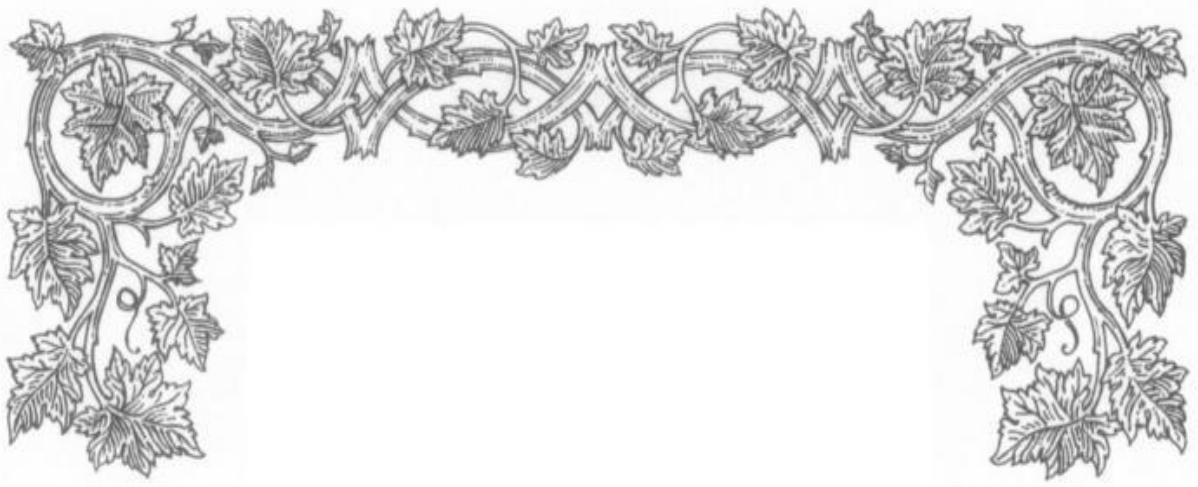
SPELL FOR. GROUNDING SCATTERED ENERGY

To stabilize your energy, fill a small jar with soil. (Baby food or spice jars work well for this.) Then call on Mother Earth by chanting:

Mother Earth, solid One Kissed by rain, and wind, and Sun Bring stable
balance unto me As I will, so mote it be

Keep the jar close by-
in your purse or at the
workplace, for
example-and nervous
energy won't be a
problem.





CHANT FOR.INSPIRATION

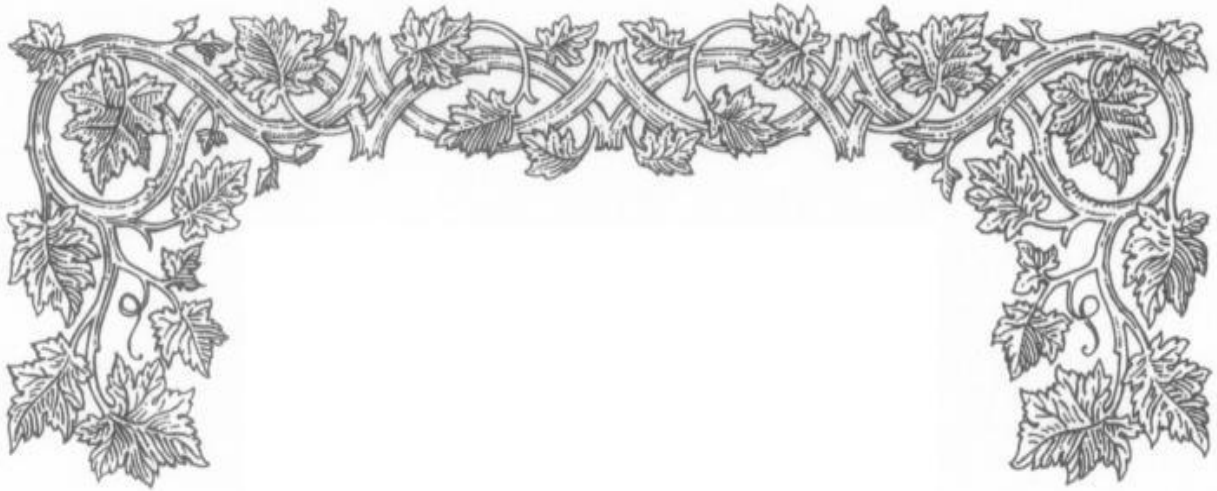
When fresh ideas and
inspiration can't be
found, try this quick
chant to the Muses.
They'll come to your
aid immediately.

Muses come from far and near I command You! Listen! Hear! From North
and East and South and West Come and do what You do best Bring ideas and
let them flow As I will, it shall be so



Blank lined paper with horizontal ruling lines and dashed midlines, resembling notebook paper.





PERSONAL PATH SPELL

To bring about positive changes in your personal path, take a handful of pennies and go outside. Then walk down the street and drop a penny in honor of Elena, Goddess of Paths and Roads. As you drop the coin, say:

Elena, Goddess of the Road Who bears all weight and heavy load I honor you in this small way And thank you for this path today

Continue to drop pennies one at a time, repeating the chant as you go.

DATE	DESCRIPTION	AMOUNT	CHECK NO.	BANK	DATE	DESCRIPTION	AMOUNT	CHECK NO.	BANK
1/1/2018	OPENING BALANCE	100.00		ABC BANK	1/1/2018	OPENING BALANCE	100.00		ABC BANK
1/15/2018	PAYROLL	50.00	101	ABC BANK	1/15/2018	PAYROLL	50.00	101	ABC BANK
1/31/2018	RENT	25.00	102	ABC BANK	1/31/2018	RENT	25.00	102	ABC BANK
2/1/2018	SALES	75.00	103	ABC BANK	2/1/2018	SALES	75.00	103	ABC BANK
2/15/2018	UTILITIES	10.00	104	ABC BANK	2/15/2018	UTILITIES	10.00	104	ABC BANK
2/28/2018	SALES	60.00	105	ABC BANK	2/28/2018	SALES	60.00	105	ABC BANK
3/1/2018	SALES	80.00	106	ABC BANK	3/1/2018	SALES	80.00	106	ABC BANK
3/15/2018	SALES	90.00	107	ABC BANK	3/15/2018	SALES	90.00	107	ABC BANK
3/31/2018	SALES	100.00	108	ABC BANK	3/31/2018	SALES	100.00	108	ABC BANK
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4/15/2018	SALES	120.00	110	ABC BANK	4/15/2018	SALES	120.00	110	ABC BANK
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9/1/2018	SALES	260.00	124	ABC BANK	9/1/2018	SALES	260.00	124	ABC BANK
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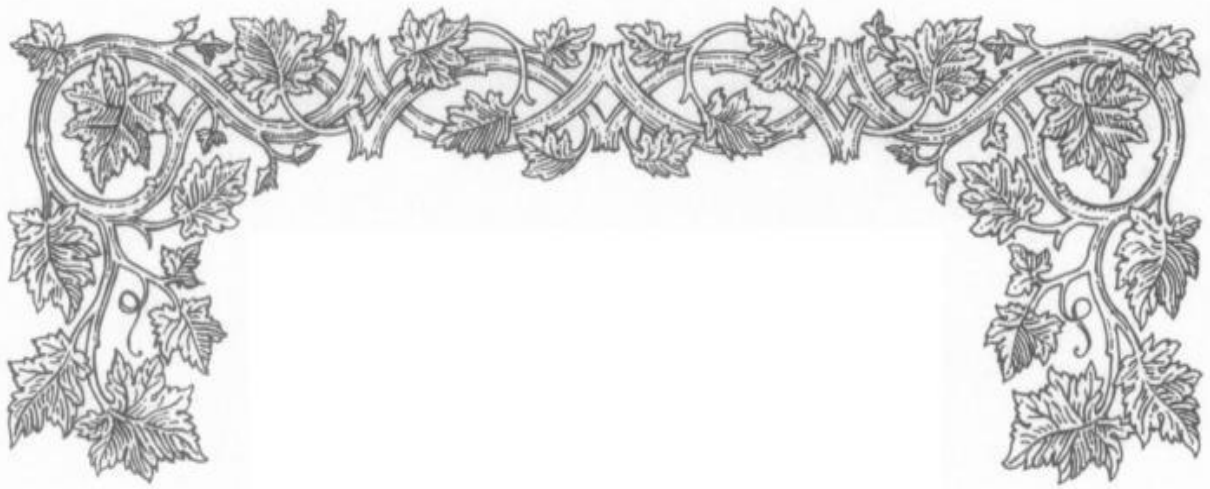
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CHAOS R.EMOVAL CHANT

When the business of
everyday living gets
to be more than you
can handle and chaos
seems to peek out
from every corner, try
this quick chant to
calm things down.
Just lie down on your
bed, shake your fist
toward the ceiling,
and shout as loudly as
you can:

Make mischief somewhere else today You can no longer stay and play I have
no room in here for you Go else I kick you black and blue



Blank lined paper with horizontal ruling lines.





NIGHTMARE KMOVAL SPELL

To keep nightmares at bay, hold a piece of citrine in your hand while visualizing peaceful sleep and gentle dreams. Then hold the stone to your Third Eye (the spot between your eyebrows) and say:

As I go to sleep at night Exterminate dreams that bring me fright Keep them
far away from me As I will, so mote it be

Place the stone beneath your bed and nightmares will be a thing of the past.

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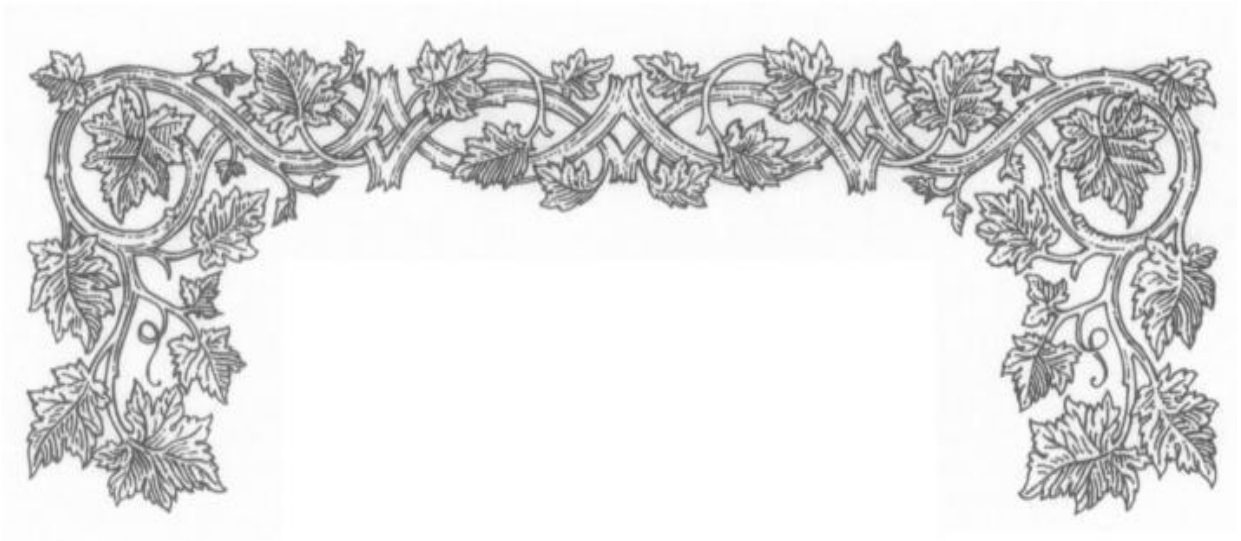
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№ п/п	Наименование	Единица измерения	Количество	Стоимость	Итого
1	2	3	4	5	6





TO SEE PAST LIVES

To see past lives,
stand or sit in front of
a mirror on the first
night of the dark
moon and say:

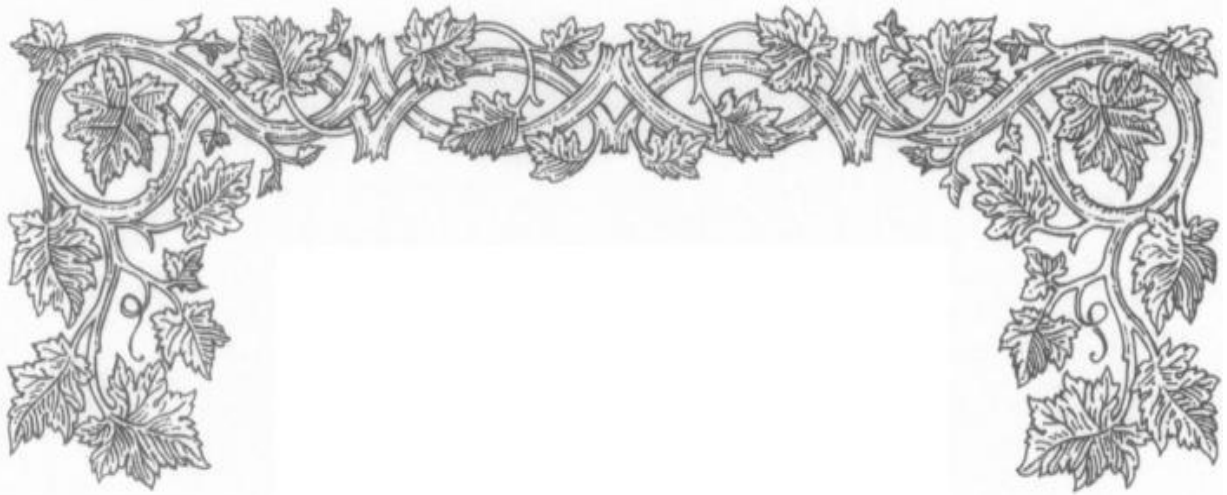
Bring visions of the lessons learned In my past lives; I have earned The right
to see them, so allow Vivid details-bring them now

Then look closely in
the mirror and watch
as your past lives
play out within it.



Blank lined paper with horizontal ruling lines and dashed midlines, resembling notebook paper.

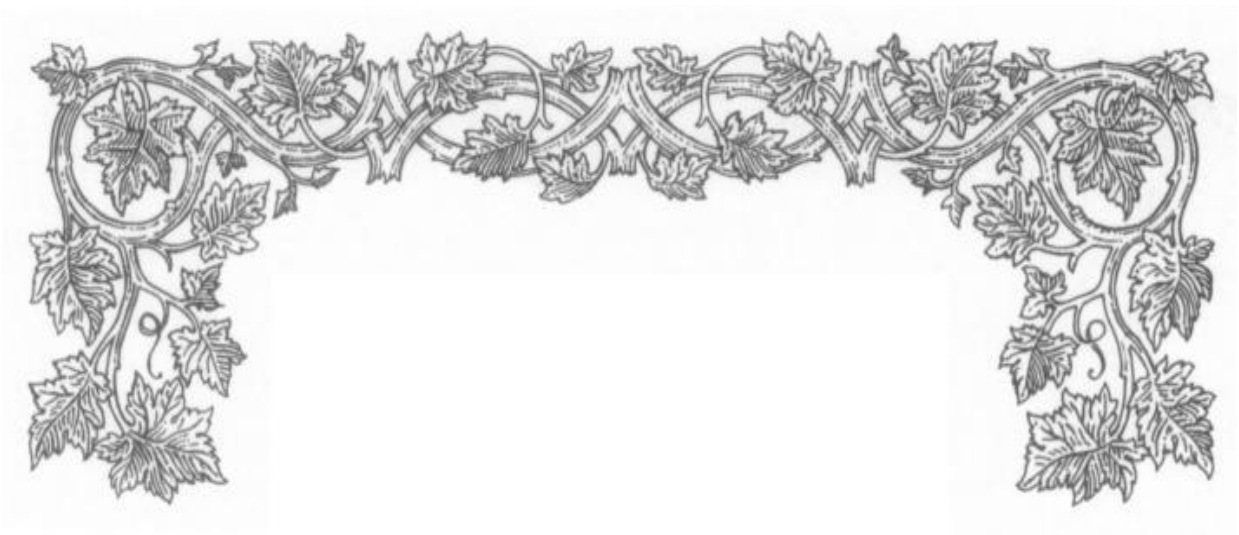




PER, ONAL PKOPE TY PROTECTION SPELL,

To protect your home from theft, it's a good idea to bless all the locks and keys in your home. Just place your hands on each item and call on Syn and Carna, the Goddesses of Doors and Locks, by saying:

Carna and Syn of locks and doors Bless these devices evermore
Make them work-keep all secure From harm and hurt and evildoers



SPELL TO SEE BEAUTY IN LIFE

When you're feeling
down and out, just
hold a piece of
unakite between your
hands and enchant it
by saying:

Stone of beauty, pink and green Show me what I haven't seen All that life
shall offer me As I will, so mote it be

Carry the stone with
you, and see how
quickly the positive
aspects of your life
become apparent.

[illegible]



DROUGHT PREVENTION SPELL,

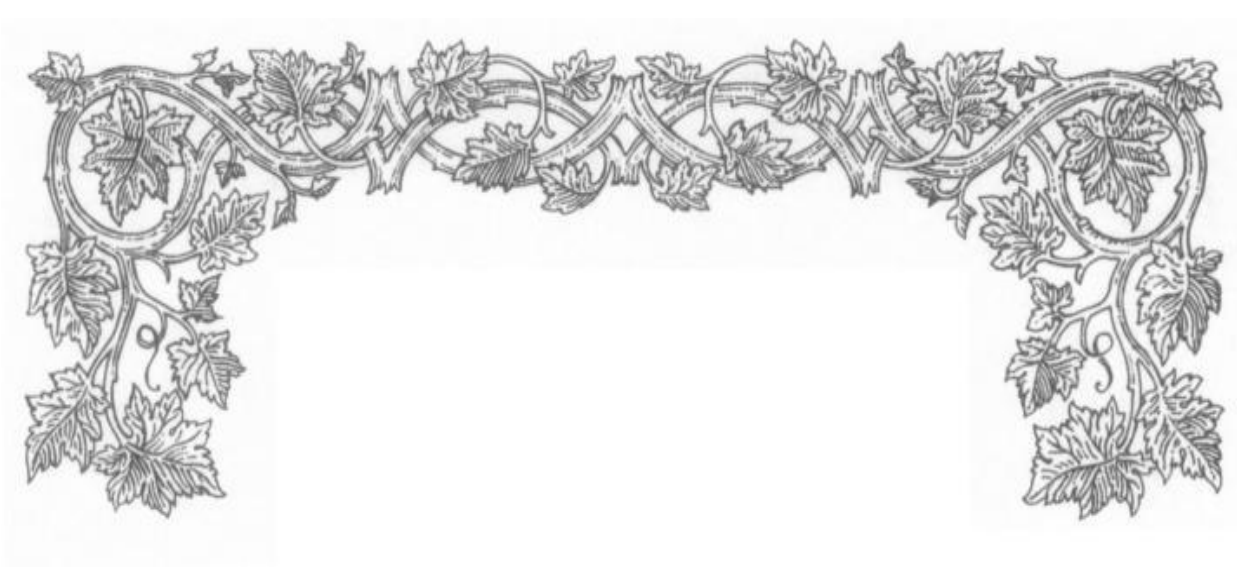
To prevent a drought,
just sprinkle a glass
of water on the
ground. Watch it
disappear into the
Earth and say:

Water, soak the dry, parched ground So a good supply is always found By
my will, there be no drought Earth, stay moist both in and out



Blank lined paper with horizontal ruling lines and dashed midlines for handwriting practice.

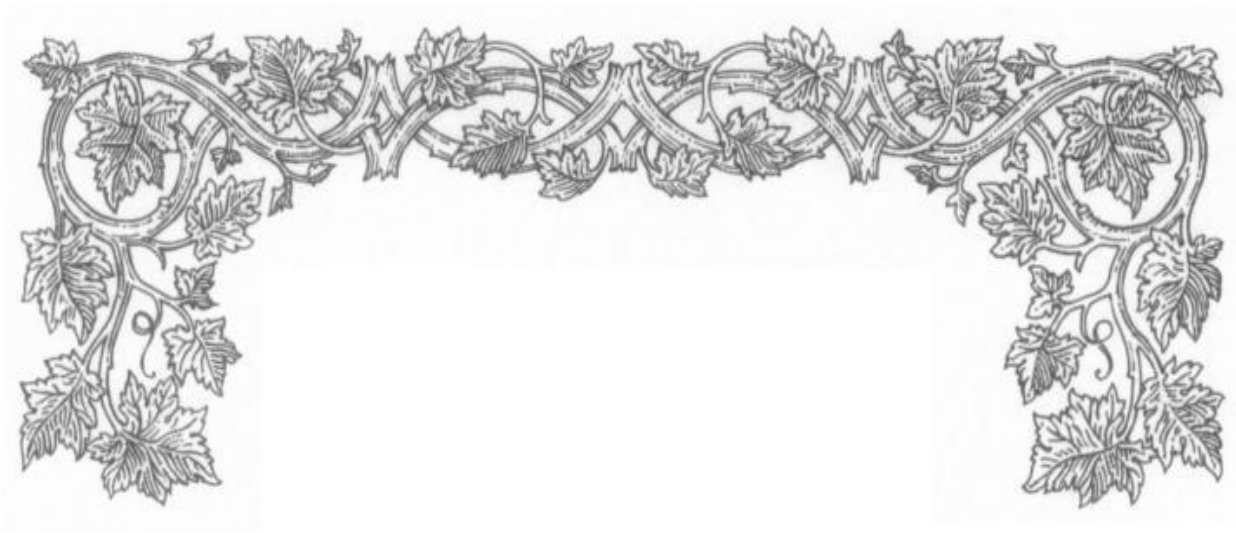




SALT PROTECTION SPELL

Since negative energies and entities cannot cross salt, it's the best protection device available. That being the case, sprinkle salt along both the inner and outer perimeters of your home while saying:

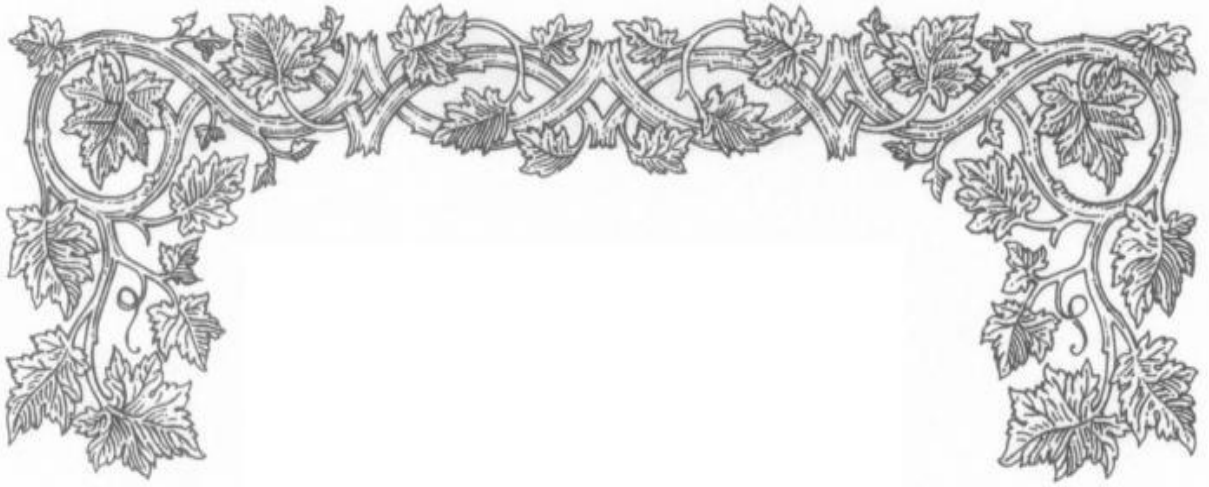
Negative energy, go away For in salt's presence you can't stay Bane be gone
away as well I banish you by salty spell



PROTECTION BATH

When troubles come
your way, fill the
bathtub with warm
water and toss in a
handful of salt. As
you step in, call on
Aegir, the God of the
Rolling Sea, and ask
for His protection by
saying:

Aegir of the rolling sea Keep Your watchful eyes on me Protect me with
Your precious salt And keep me far from harm and fault



CHANT FOR INNERfITRNGTH

To gain inner strength and courage, say the following chant to Hercules, the God of Strength. Repeat the chant on each odd hour from the time you rise until the time you go to bed.

Hercules, come be with me With Your power, set me free

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CHANT FOR HELP DUKING A DIFFICULT TASK

Should you lack the self-confidence to handle something that comes your way, use the following chant to invoke Heimdall, the God Who lights the bridge between life and death. He will guide your way and show you which steps to take.

Heimdall, show me what to do Heimdall, stick to me like glue Guide and show me what I need To successfully complete this deed



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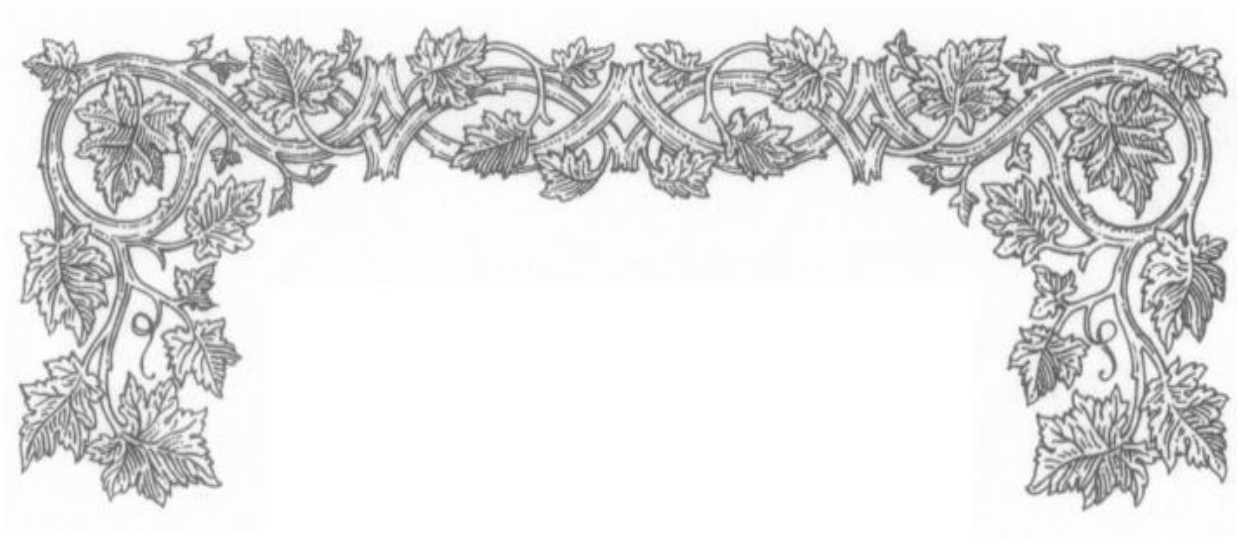
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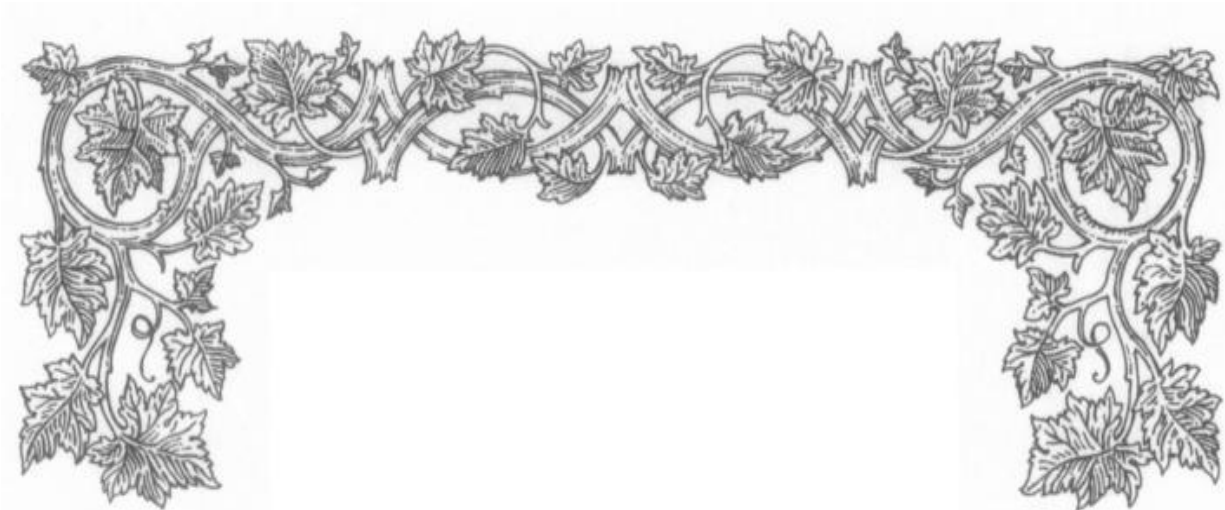
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SPELL FOR, PERSONAL OPPORTUNITY

During a new to full moon, anoint all your doors with a dab of peach oil. Then call on Janus, the God of Opportunity, by saying:

Janus, open up Your doors Bring me the break I'm looking for Bring me
opportunity As I will, so mote it be



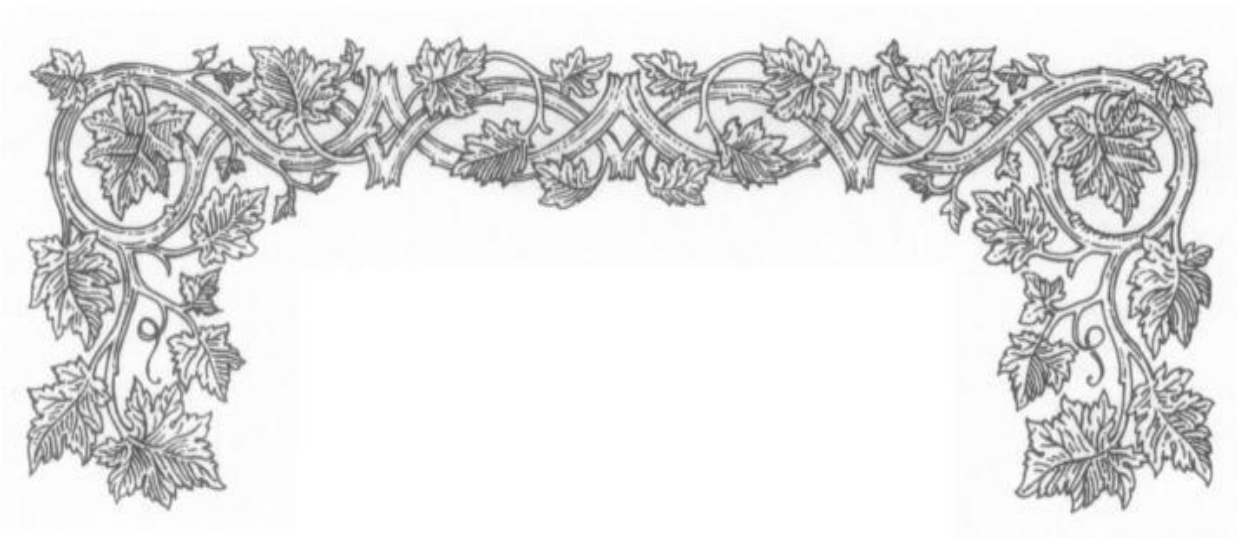
SPELL. FOR MONETARY INCREASE

To fertilize money
and make it grow,
place your loose
change in a dish and
take it outdoors.
(Make sure you have
at least one penny,
nickel, dime, and
quarter in the pile.)
Hold the dish up to
the sky and invoke
the Maiden by
saying:

Money multiply and grow Fertile Maiden, make it so Let money multiply
with ease With the help of Blessed Be's

Then, repeating the
chant with each coin,
plant a penny, nickel,
dime, and quarter in
the ground, while

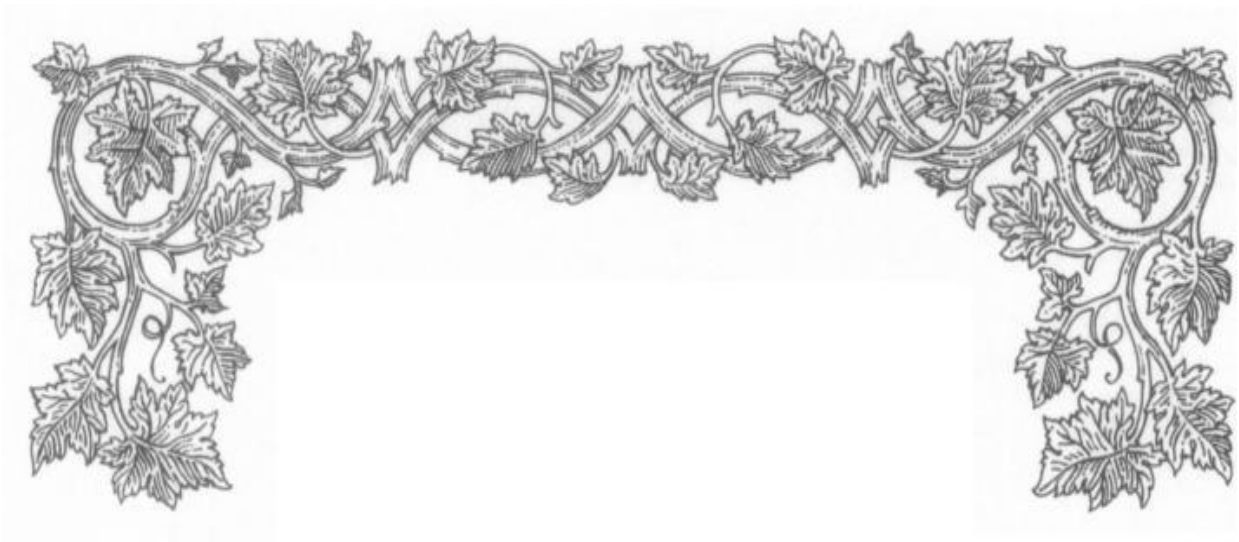
visualizing the money growing. Take the dish back inside and put it in a place where you'll see it often. Feed it a few coins every day.



CHANT TO REGAIN A SENSE OF HUMOR

When you find yourself taking life too seriously, take a minute to laugh. Then say this chant to Loki, the God of Tricks and Fun. Your sense of humor will return in nothing flat.

Loki, God of Tricks and Fun Bring me help now on the run Bring joyous mischief I can feel Bring me laughter-make it real



SPELL TO CHANGE A RUN OF BAD LUCK

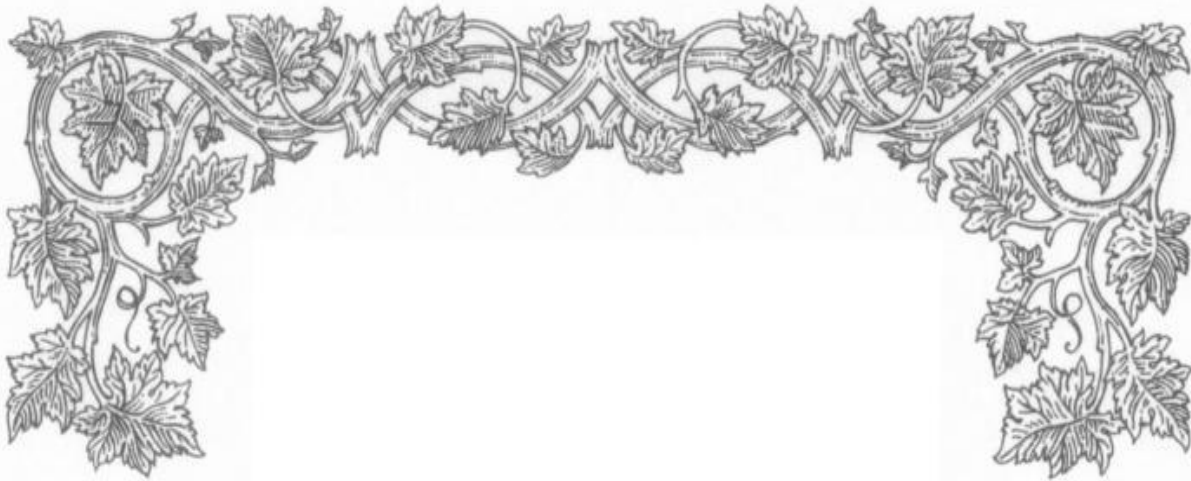
Begin by standing with your back firmly against a wall. Take a moment to gather all your strength, courage, and power. Then take one step out from the wall and invoke Fortuna, the Goddess of Luck, by yelling the following at the top of your lungs:

Lady Luck, Fortuna, dear, Make my bad luck disappear I've had enough-
chase it away Bring to me good luck today



Blank lined paper with horizontal ruling lines and a vertical margin line on the left side.





BRAD AND GRAIN HEALTH SPELL

Gather all your bread
and grain products-
flour, cornmeal,
oatmeal, crackers,
popcorn, and so on-
and place them on the
kitchen counter. Hold
your hands over
them, palms down,
then bless them in the
name of Ceres, the
Goddess of Grain, by
saying:

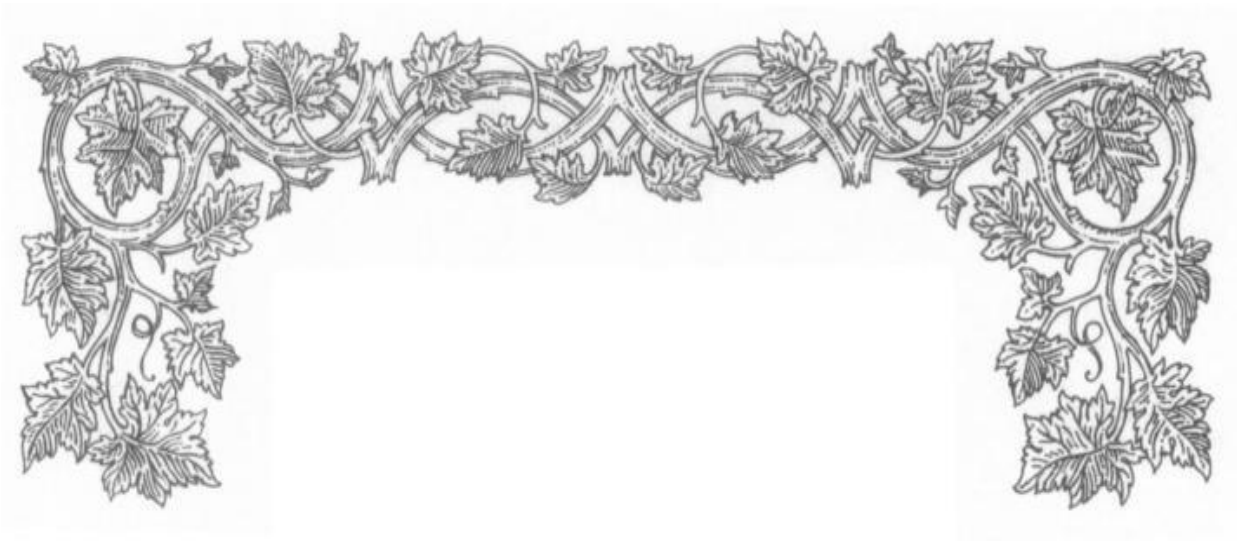
I bless these, Ceres, in Your name These loaves and meals all made of grain
And as they're consumed, bring lasting good health I thank you, Ceres, for
Your wealth

Afterward, scatter a
few bread or cracker
crumbs outside for
the birds.



Blank lined paper with horizontal ruling lines and dashed midlines for handwriting practice.





MUL,TIPUI~POSE f R, EDOM CHANT

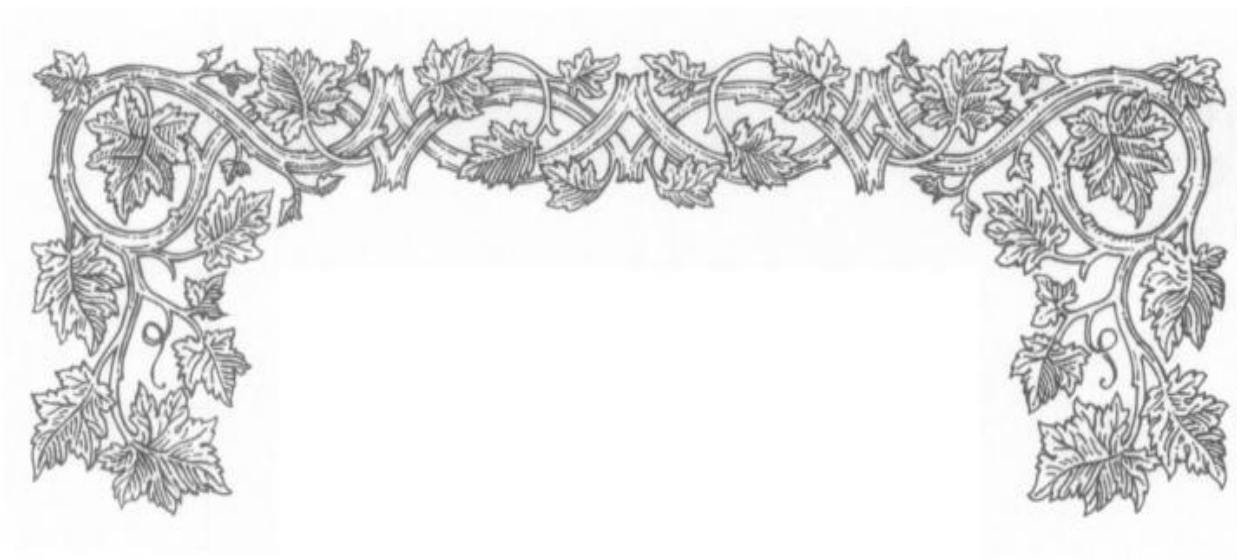
This chant to Libertas, the God of Freedom, has many purposes. It can be used to chase away old ideas and bring fresh perspective. It can also be used for cutting ties that bind you, for removing obstacles from your path, or for relieving any sort of situation that keeps you from moving forward. The key to its success, however, is that you must say this chant with feeling and then take appropriate steps toward meeting your goals.

Libertas, please cut away (Name of problem) that has come to stay Grant
now Your gift of liberty So from this moment, I am free



Blank lined paper with horizontal ruling lines and dashed midlines for handwriting practice.





SPELL TO COMMUNICATE WITH LOVED ONES WHO HAVE PASSED OVER,_

For this spell, you'll need an opal or a small quartz crystal and a sparkling clean mirror. Hold the stone in your hand and stand before the mirror, saying:

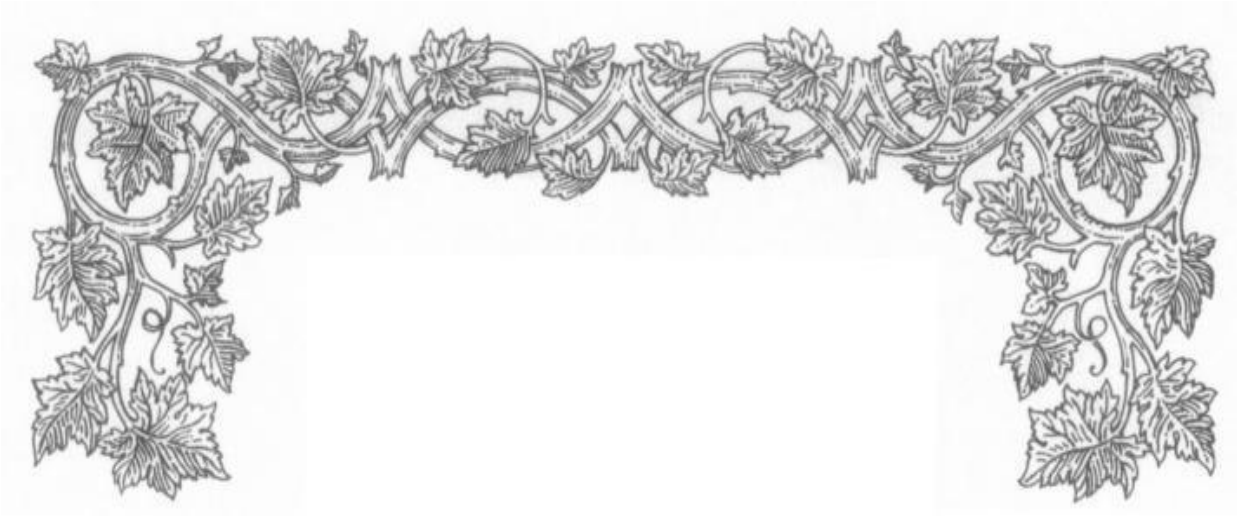
Come to me all spirits of Family, friends, and ones I love
Tell me what I need to know
Tell me all before you go

Then watch the mirror closely, as the spirits will materialize in its reflection.



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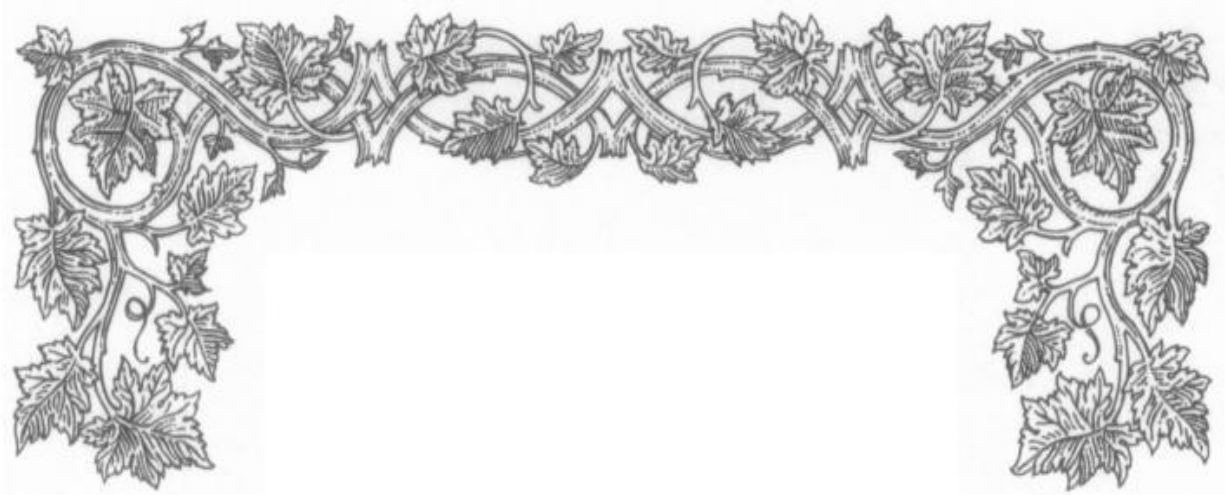


ONGOING SPELL, TO HEAL, THE EARTH

To heal the Earth,
begin a compost heap
to recycle grass
clippings, leaves,
fruit peel, egg shells,
and so on. Add to the
collection daily while
chanting something
like:

We chase away the good Earth's blues
By recycling what we use
It brings
good health to Mother Earth
And makes her smile in joy and mirth

As the compost heap
grows and is used, the
Earth around you will
begin to heal.



SPELL TO PREVENT MILDEW ON PLANTS

To perform this spell,
add one teaspoon of
baking soda to a quart
of water on the first
day of the new moon.
Stir the mixture until
all the soda is
dissolved while
chanting:

By love and light, by night and day Mildew go! You cannot stay

Pour the mixture into
a spray bottle, then
mist all plants
thoroughly as you
repeat the chant.
Mildew will no
longer present a
problem.



SPELL TO STOP CONFUSION

To clear confusion
and see things as they
really are, gather nine
tacks or pushpins,
then go outdoors and
find a place beneath a
tree. Plant the tacks'
points up around the
tree base, while
saying with each
placement:

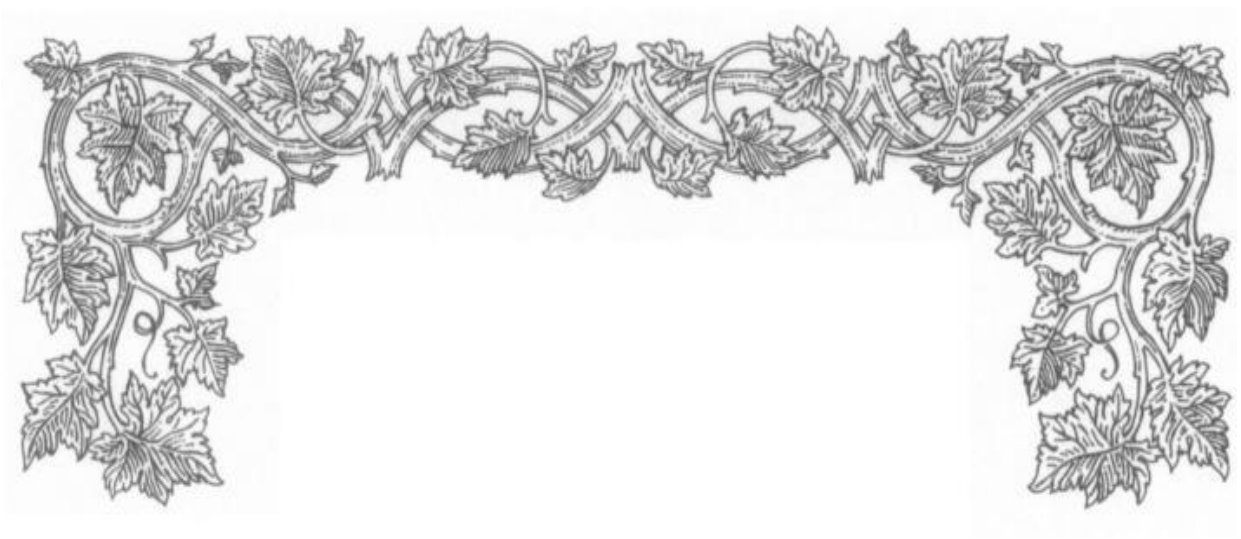
Make my mind as sharp as tacks Let me see now just the facts Ground me
with the Earth as well Bring mental clarity with this spell

Cover the tacks well
with soil, and
confusion will
become a thing of the
past.



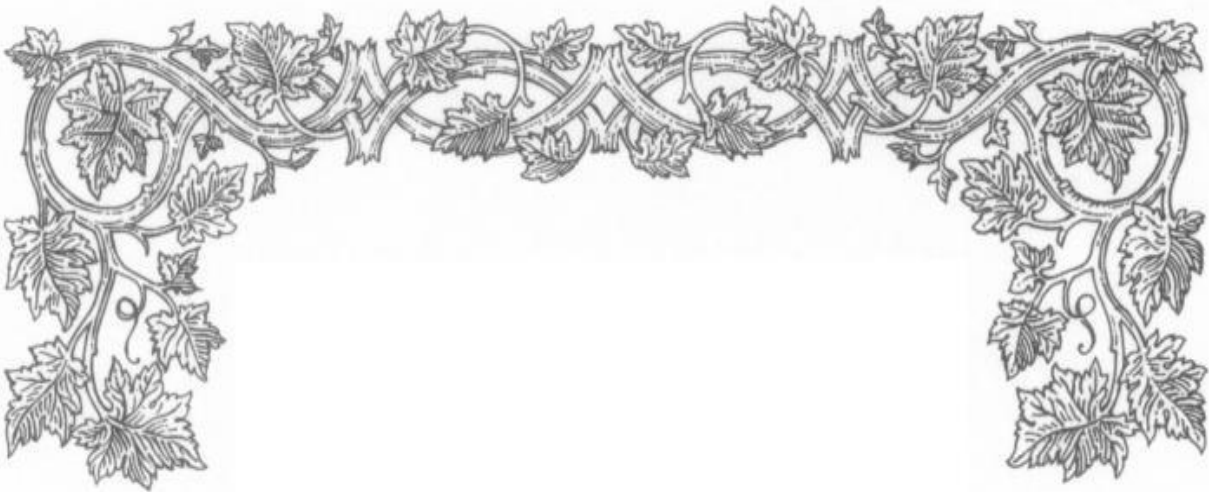
Blank lined paper with horizontal ruling lines and dashed midlines for handwriting practice.





BIF,,D SEED WISH MAGIC

To bring a wish into reality, write your desire on a piece of paper. Fold the paper an odd number of times-one, three, or five, for example-and place it in a small dish. Cover the paper with bird seed while visualizing the wish coming true, then set the dish outside for the birds. Your wish should manifest within thirty days.



SPELL TO ENSURE SUCCESS WHEN SIGNING PAPERS

To bring success with contracts, business agreements, or any important papers that require your signature, turn the stack of papers face down. Then lick your finger and use it to draw a pentacle on each one. When all the papers are marked, bind the spell by saying something like:

By the Karmic Law of Three I bind this spell to guarantee That no harm
shall come to me But that success flows wild and free



Blank lined paper with horizontal ruling lines and dashed midlines for handwriting practice.





TO DRAW A STINGER_ FROM INSECT BITES

To quickly draw the stinger from bee, wasp, or other insect bites, moisten a teaspoon of baking soda with a few drops of vinegar to make a paste. Apply the paste to the affected area while saying:

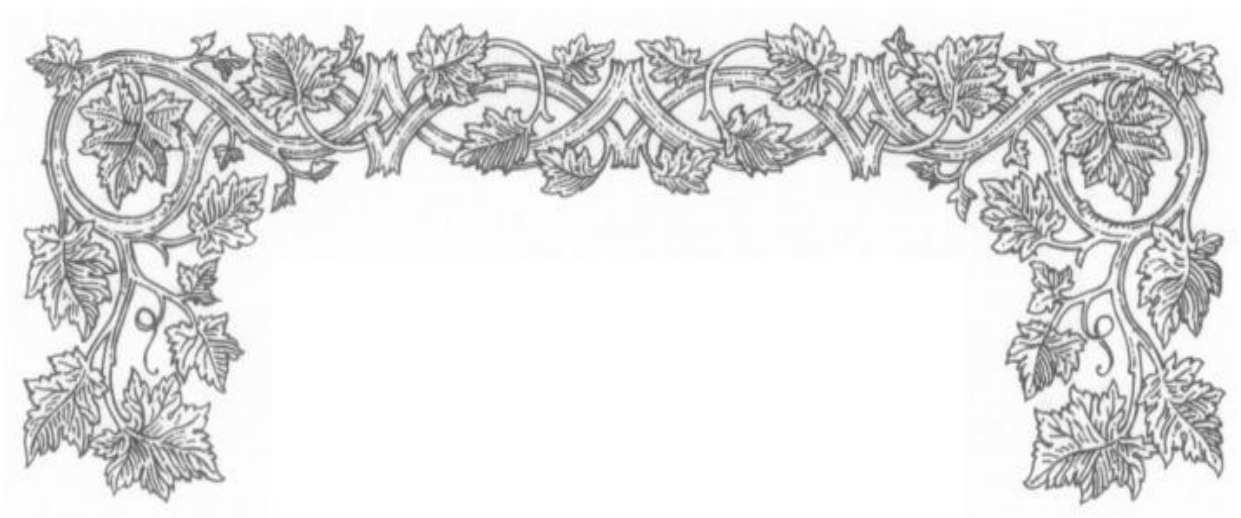
Nasty stinger now be free As I will, so mote it be

The stinger will be visible in a matter of minutes, and you'll be able to remove it with the tweezers.



Blank lined paper with horizontal ruling lines and dashed midlines for handwriting practice.





STRSS RMOVAL, SPELL

To get rid of troubles,
worries, or whatever
is bringing stress into
your life, just grab a
stack of blank paper
and take it outside.
Label each sheet with
a worry and fold it
into a paper airplane.
Sail the airplanes into
the air as fast as you
can, and bury each
one where it lands,
saying:

Of these troubles I am free As I will, so mote it be



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SPELL TO BRING NEW BUSINESS

When the moon is waxing, add five crushed bay leaves to a quart of boiling water. Remove the mixture from the stove and allow it to steep for twenty minutes. As it steeps, think of your business flourishing and chant something like:

Herbs and water, mix and flow One into the other go Become the magic that
you know And make my business thrive and grow

Use the mixture to paint the threshold, steps, and baseboards of your business space. While painting, chant:

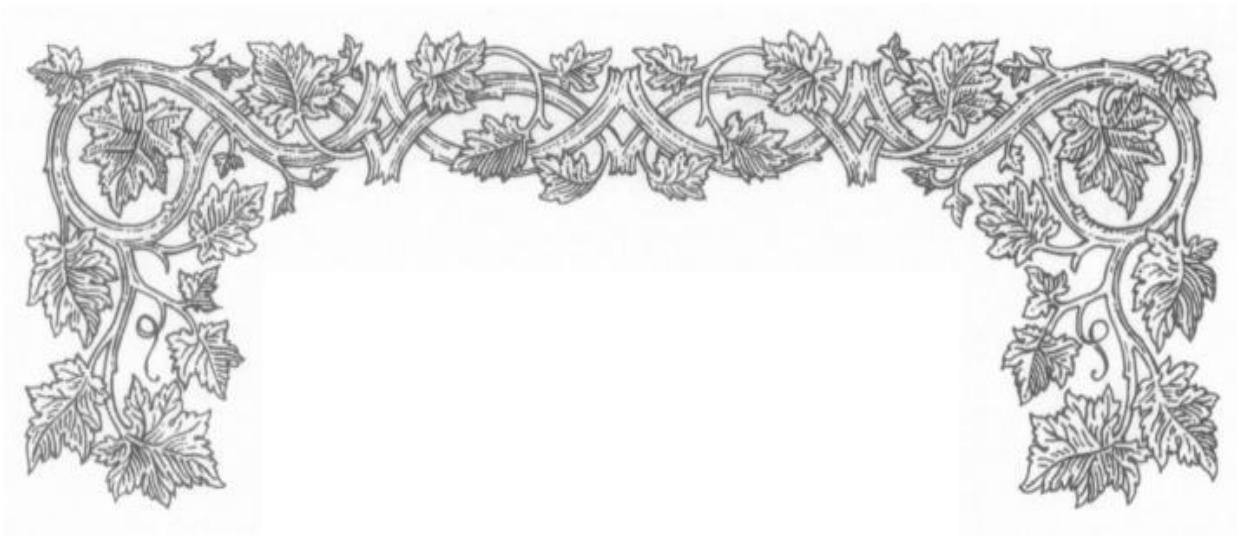
Seven, five, three, one Bring new business on the run

Repeat every three
months.



Blank lined paper with horizontal ruling lines and dashed midlines for handwriting practice.





CHANT FOR MOTIVATION

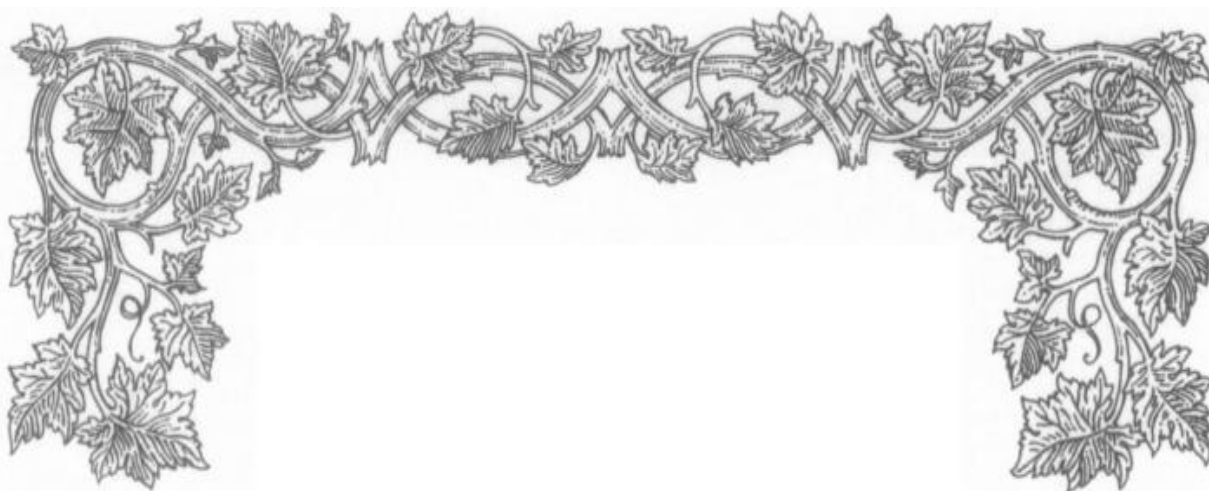
When you have tons
of things to do, but
can't seem to get
going, the following
chant will do the
trick.

Get me moving-do it now Increased vitality allow Bring vim and vigor-make
it stay And chase all laziness away



Blank lined paper with horizontal ruling lines and dashed midlines for handwriting practice.



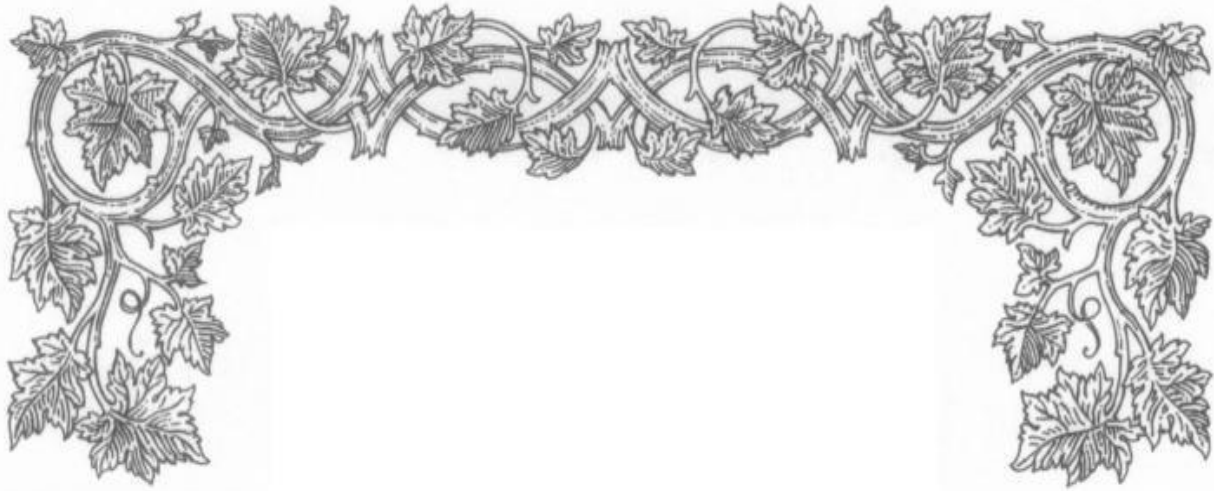


SPELL TO REMOVE WARTS

To get rid of warts,
just gather one penny
for each wart, and a
roll of adhesive tape.
Holding your hands
over the pennies,
enchant them by
saying:

Copper, take these warts from me As I will, so mote it be

Then tape one coin
over each wart.
They'll be gone in
about a week.

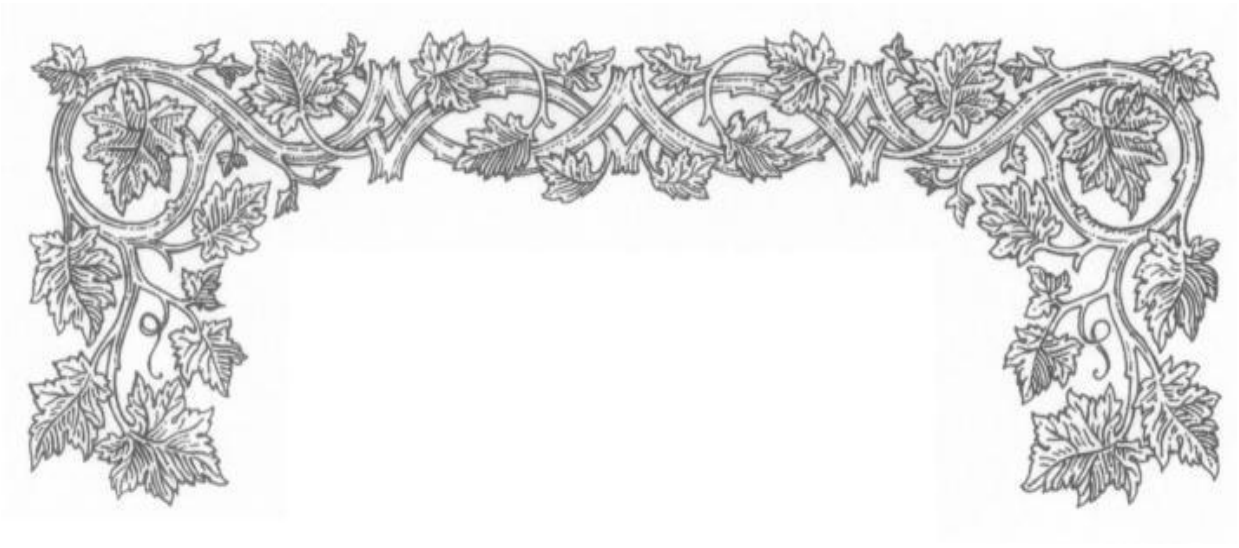


SPELL TO HELP THE SEASONS CHANGE

To help the seasons
change with ease, just
find a fallen stick.
Point it toward the
ground and move it in
a circular clockwise
motion while saying:

Seasons change without the pain Of birth; new strength I bid you, gain From
tree to ground-from sky to Earth I bid you, change with love and mirth

Keep the stick in a
safe place so you can
use it again to aid the
next seasonal change.

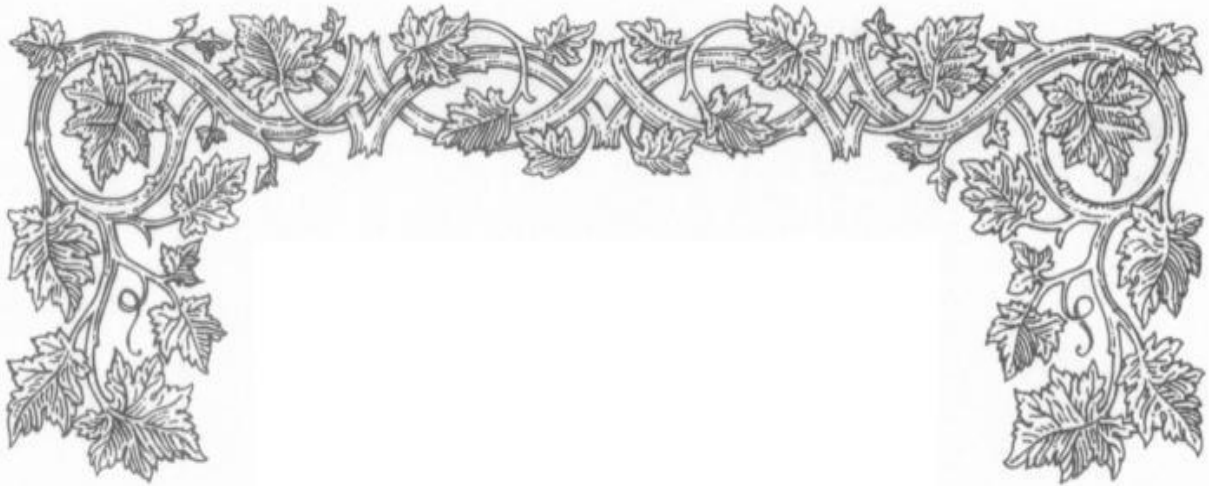


WEIGHT LOSS SPELL

Enchant a piece of
blue topaz during the
waning moon by
saying:

Help me in my diet quest Bring to me new strength and zest Take these extra
pounds from me As I will, so mote it be

Your weight will drop
gradually as you wear
the stone or carry it
with you.



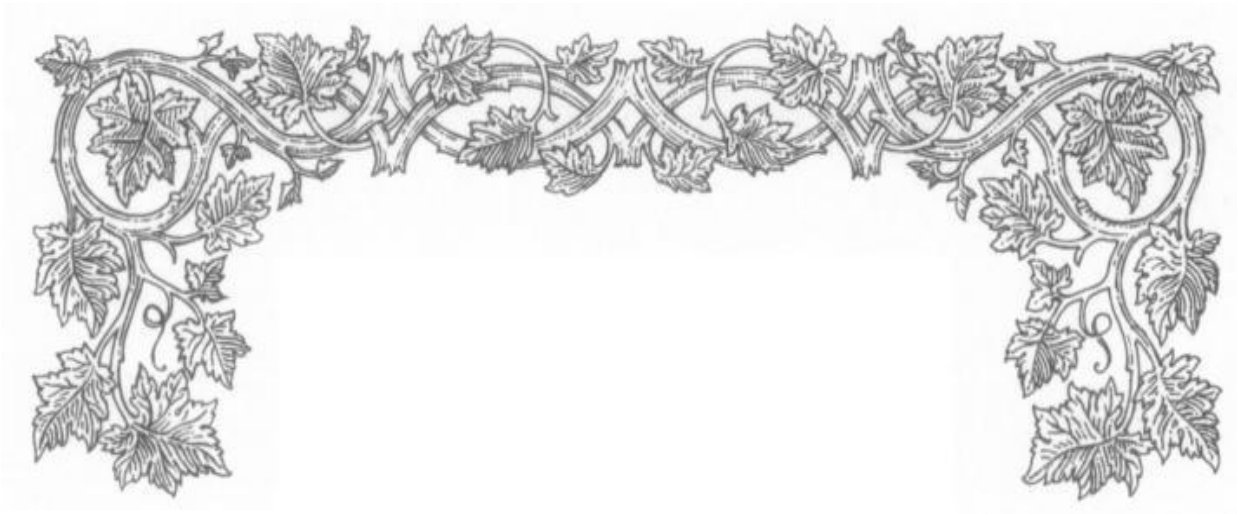
SHOWER SPELL FOR. EMOTIONAL BALANCE

To restore emotional balance, begin by taking a shower in your normal fashion. After rinsing all soap from your body, close your eyes and stand under the running water for a few minutes. Visualize the water as yellow paint and allow it to cover your body with its color. Watch as the water turns to red, and allow it to cover the yellow. Then repeat the visualization with blue, green, and white. Finally, visualize the water taking its clear form again and rinsing you clean. Emotional balance will return.



Blank lined paper with horizontal ruling lines and dashed midlines for handwriting practice.





SPELL TO STOP A TKOUBLEMAKjE

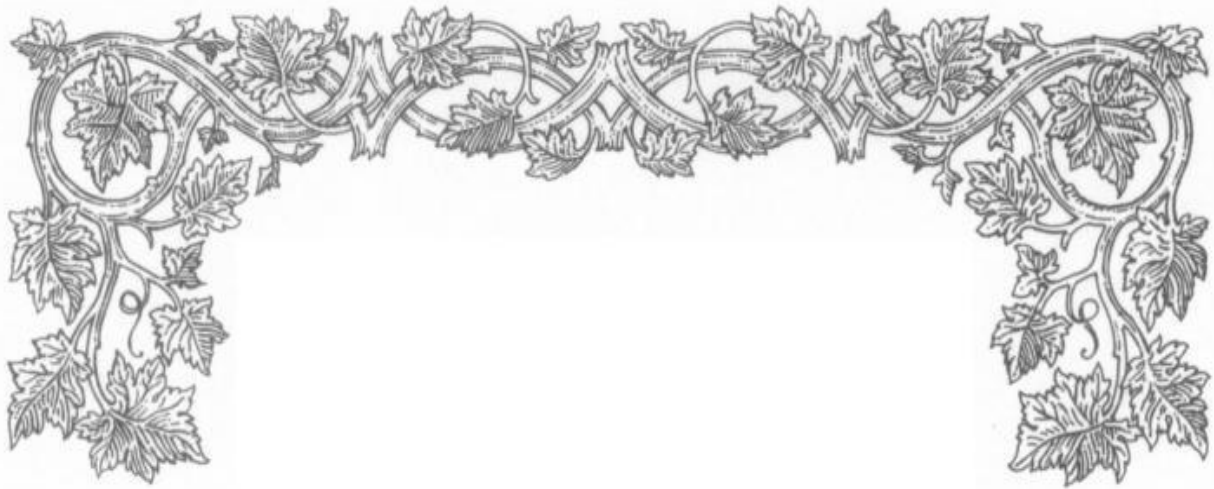
To stop someone from causing trouble for you, write their name upon a fallen leaf and place it in a zippered bag. Add a spoon of sugar and fill the bag with water. Then shake the bag well while saying nine times:

I am out of (name of troublemaker) head His (her) ill-will toward me is shed

Zip the bag and place it in the freezer. You'll be problem-free (at least of this person) as long as the contents stay frozen.







FROM FOE TO FRIEND SPELL

To make a friend out of an enemy, write your name on one side of an ice cream stick and your enemy's name on the other. Then cut a fivepointed star out of pink paper and place both items into a jar with a screw-on lid. Fill the jar half with sugar, half with water, and tighten the lid. Shake the jar nine times each day for nine days while saying as sweetly as you can:

Sweet thoughts of me, sweet thoughts of me Are in (name of enemy) mind
constantly

Keep the jar in a safe place.



Blank lined paper with horizontal ruling lines and dashed midlines, resembling notebook paper.





STONE SPELL TO RESTORE COMMON SENSE

To restore common
sense in times of
stress, hold a piece of
black tourmaline to
your forehead and
enchant it by saying:

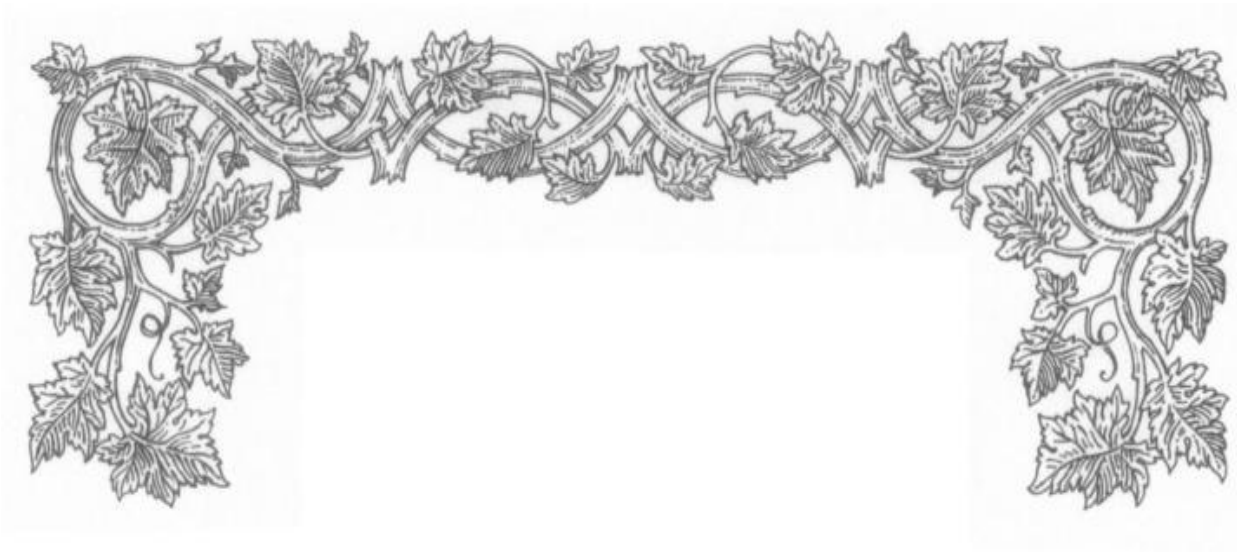
Bring me clarity of mind To sort through problems, and all kinds Of messes
as they come my way Keep my head on straight today And bring me
sensibility As I will, so mote it be

Hold it in your hand
when tough or
complicated matters
demand your
attention. Solutions
will come easily.



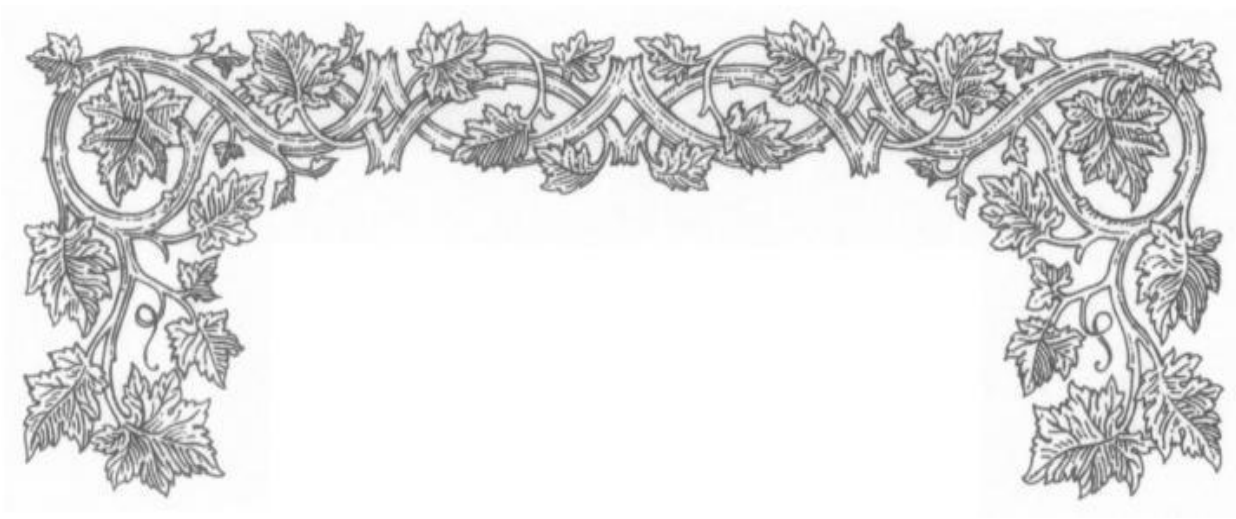
Blank lined paper with horizontal ruling lines.





TO CLEANSE STONES OR JEWELRY OF NEGATIVE ENERGY

Wrap stones or jewelry carefully in plastic (zippered bags work well for this) and place them in your freezer. Leave them there for twenty-four hours, then remove. Negative energy will be a thing of the past.



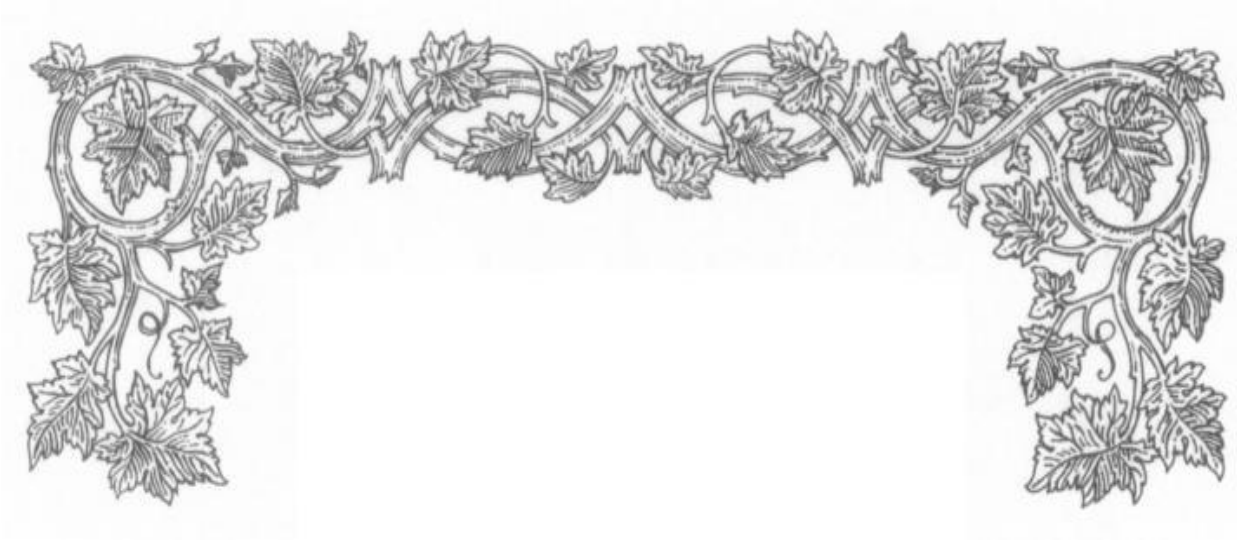
PERSONAL SPACE BLESSING

To bless a personal space-a work room or an office, for example-light some incense and a white candle, and sprinkle the area with salted water. Then, beginning at the East side of the area and finishing at the North, move clockwise around the space in a circular motion while saying:

I cleanse you now within and out I sanctify you round about I cast out
negative energy As I will so mote it be

Repeat the movement
and chant twice more,
and let the candle

burn all the way
down.



AMULET, CHARM, AND TALISMAN BLESSING

Begin by gathering two candles of a color appropriate to your intention-pink for love, green for money, blue for tranquility, and so on-and place the object between them. Light the candles and say:

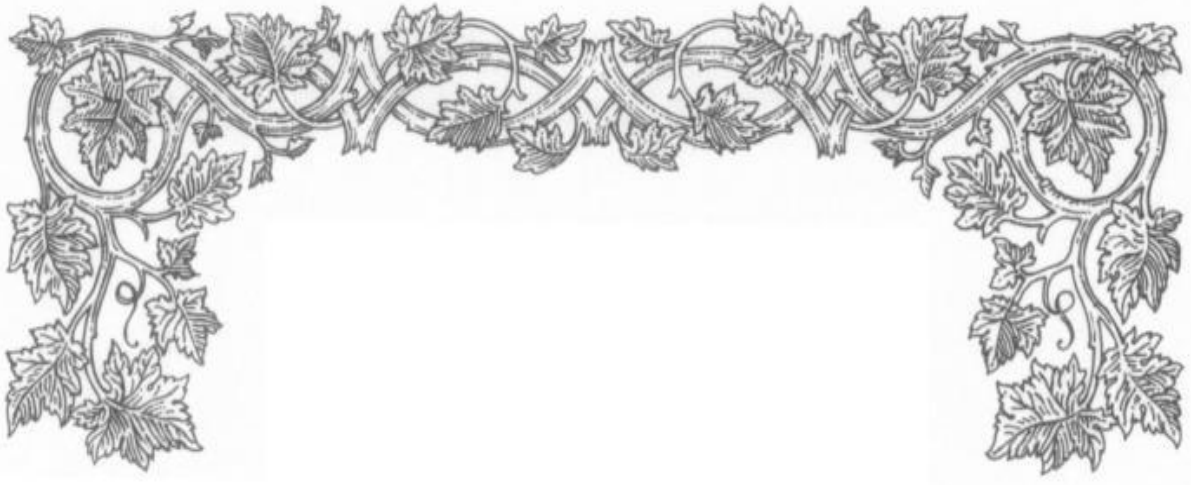
Grow in strength and grow in power Gain potency with every hour Gain
what you need to do your task And accomplish everything I ask (state your
magical purpose) is what I need of thee As I will so mote it be

Leave the object in place until both candles completely burn down.



Blank lined paper with horizontal ruling lines and dashed midlines for handwriting practice.





BATH SALTS FOR LOVE AND ROMANCE

Begin on a Friday by pouring a cup of table salt into a jar or a zippered, plastic bag. Add four drops of jasmine oil, four drops of rose oil, and one drop of cedar oil. Shake until well blended while saying:

Love and romance come to me Make it all that it should be With your scent,
attract and lure Love and romance, true and pure

Add the mixture to your bath, then let your body dry naturally.

[illegible][illegible]

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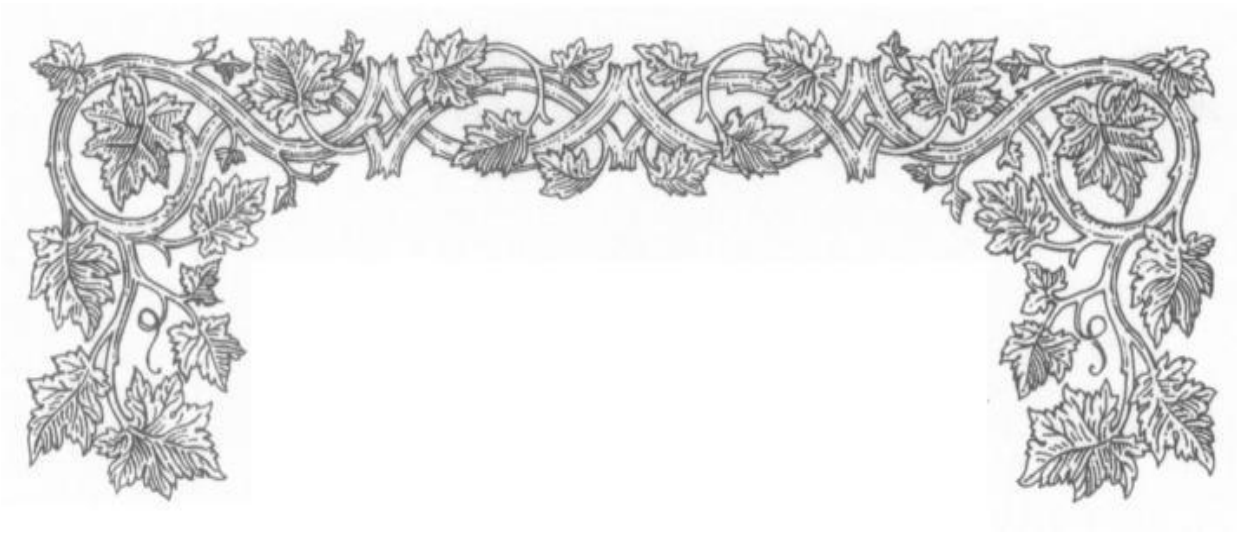
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10	10	20	50	100	200	500	1000

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DATE	DESCRIPTION	AMOUNT	CHECK NO.	BANK	DATE	DESCRIPTION	AMOUNT	CHECK NO.	BANK	DATE	DESCRIPTION	AMOUNT	CHECK NO.	BANK	DATE	DESCRIPTION	AMOUNT	CHECK NO.	BANK
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1/15/20	PAYROLL	50.00	101	CHASE	1/15/20	PAYROLL	50.00	101	CHASE	1/15/20	PAYROLL	50.00	101	CHASE	1/15/20	PAYROLL	50.00	101	CHASE
1/30/20	RENT	200.00	102	CHASE	1/30/20	RENT	200.00	102	CHASE	1/30/20	RENT	200.00	102	CHASE	1/30/20	RENT	200.00	102	CHASE
2/15/20	UTILITIES	75.00	103	CHASE	2/15/20	UTILITIES	75.00	103	CHASE	2/15/20	UTILITIES	75.00	103	CHASE	2/15/20	UTILITIES	75.00	103	CHASE
2/28/20	SALES	150.00	104	CHASE	2/28/20	SALES	150.00	104	CHASE	2/28/20	SALES	150.00	104	CHASE	2/28/20	SALES	150.00	104	CHASE
3/15/20	INVENTORY	30.00	105	CHASE	3/15/20	INVENTORY	30.00	105	CHASE	3/15/20	INVENTORY	30.00	105	CHASE	3/15/20	INVENTORY	30.00	105	CHASE
3/31/20	CLOSING BALANCE	100.00		CHASE	3/31/20	CLOSING BALANCE	100.00		CHASE	3/31/20	CLOSING BALANCE	100.00		CHASE	3/31/20	CLOSING BALANCE	100.00		CHASE





TO GAIN RESPECT AT WOKE

To gain the respect of
employers and
coworkers, hold a
piece of turquoise in
your hand and
enchant it by saying:

Imbue this stone with trust in me Make coworkers quickly see That I am
now part of their team And they should hold me in esteem

Take the stone
outdoors and bury it
as close to the
workplace building as
possible.



Blank lined paper with horizontal ruling lines and dashed midlines, resembling notebook paper.





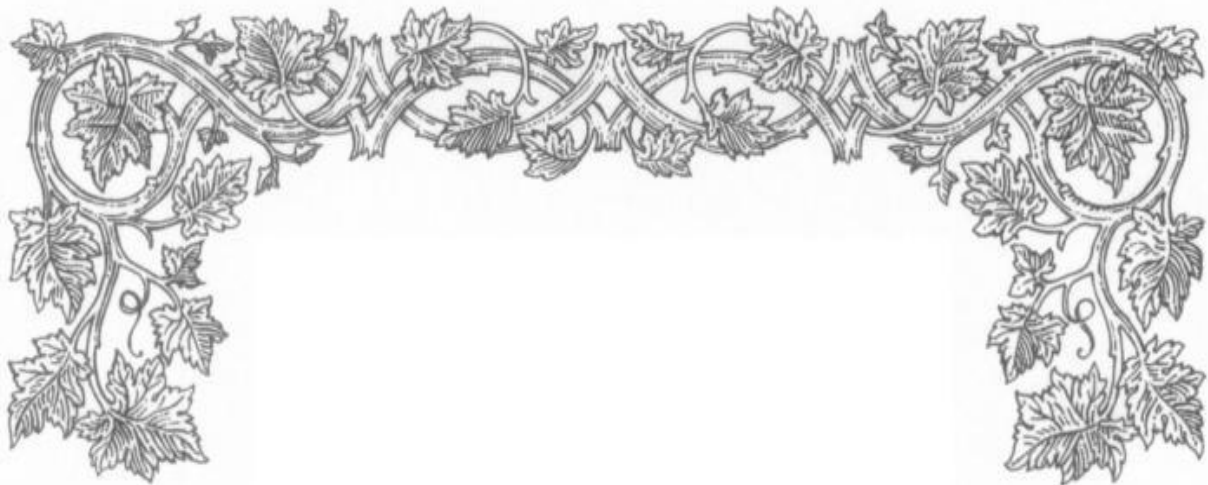
ANGEL DIFFUSION SPELL

Begin this spell by yelling and screaming as loud as you can. Then take a piece of paper and write down everything that brought you to this maddening state. Jot down every detail and be sure not to leave anything out. Then fold the paper three times and scream:

I am furious-I will not flee But anger will-just wait and see

Burn the note to ashes and scatter them on the winds.

[illegible]



TO CALM THE NERVES

Add one cup of boiling water to a teaspoon of valerian root. Allow it to steep for ten minutes while singing a happy tune ("Who's Afraid of the Big Bad Wolf?" is my personal favorite). When the time is up, add a teaspoon of honey and stir the tea clockwise while saying:

Anxious thoughts now flee and run Bring back good cheer, laughs, and fun

Drink the tea.

[illegible]

Age	Gender	Sex	Age	Gender	Sex
18	Male	Male	18	Female	Female
19	Male	Male	19	Female	Female
20	Male	Male	20	Female	Female
21	Male	Male	21	Female	Female
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96	Male	Male	96	Female	Female

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1004 J. A. Roberts et al.

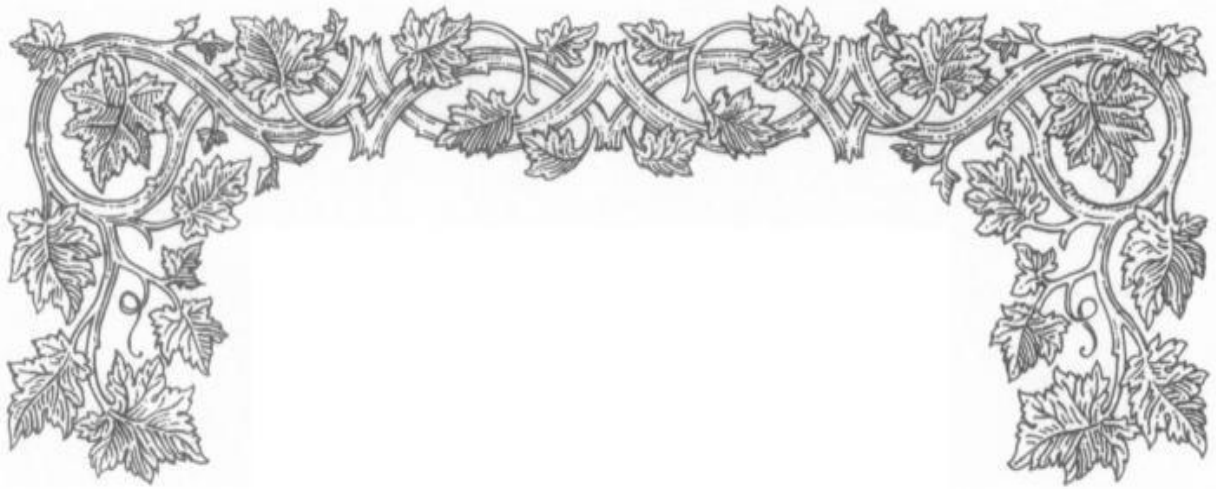
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TO-DO SPELL

When your to-do list becomes overwhelming, just grab a candle-any color will do-and inscribe it with every item on the list. Then light the candle and say:

Things to do just melt away within this candle wax
Short work, today, I'll make of you-I'll get you done at last

Handle the items one by one, finishing each before starting the next. You'll be surprised at how quickly things go as the candle burns down.



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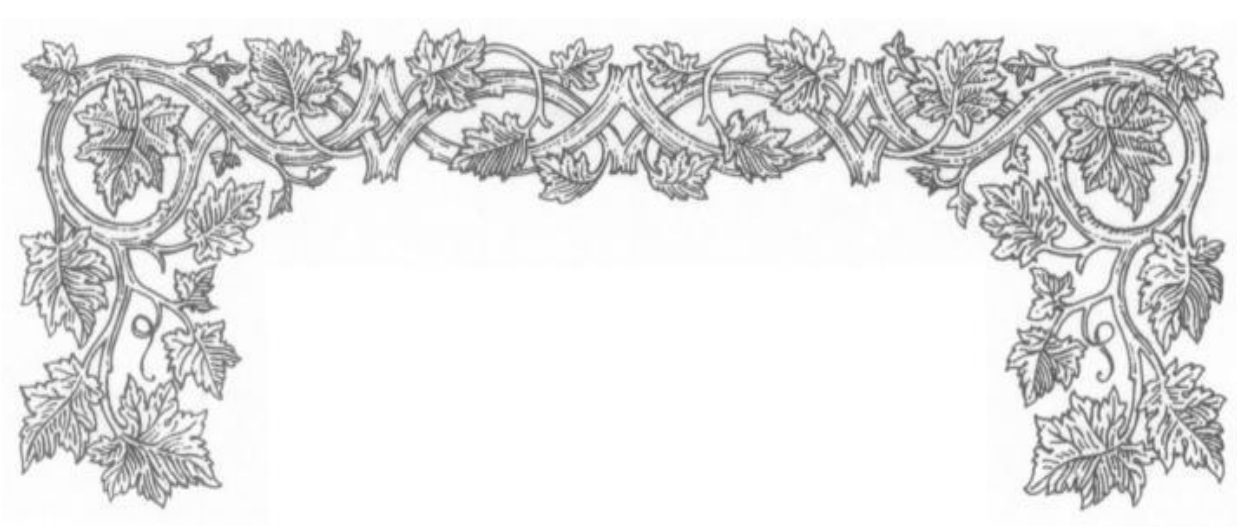
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PF,OMISE-K EPING SPELL,

If keeping promises or commitments is a problem for you, just fill a small jar with jelly beans or another small candy or treat. Then hold your hands over the jar and enchant the goodies by saying:

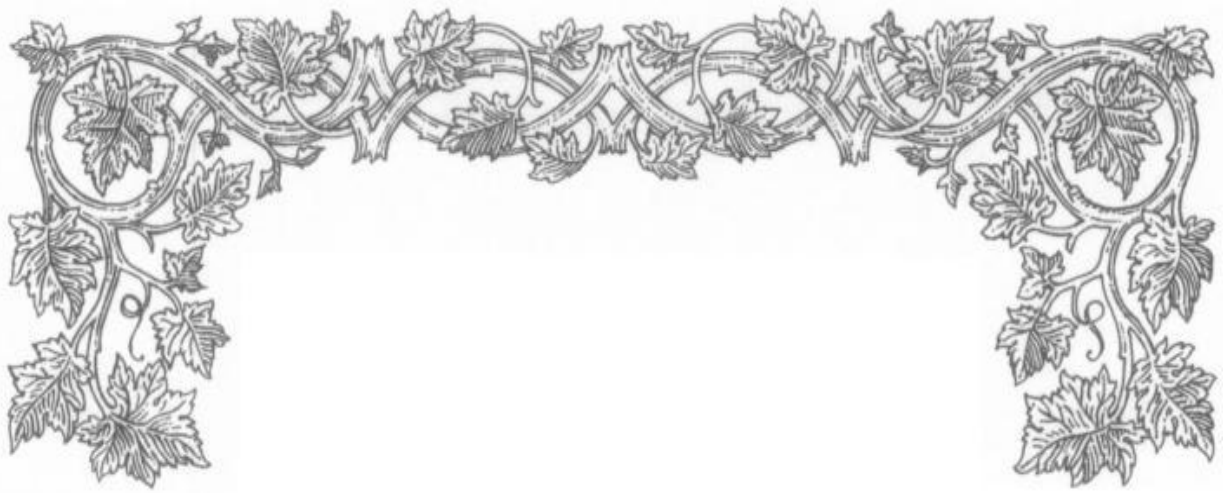
The promises I make, I keep My integrity runs deep

Eat one or two of the treats every day, and promise-keeping will no longer present a problem.



Blank lined paper with horizontal ruling lines and dashed midlines for handwriting practice. The page includes a header section with a dotted line for a name and a section for a date. The main body consists of multiple rows of lines for writing. The footer section includes a dotted line for a name and a section for a date.





SPELL TO AID IN THE HEALING Of COLDS OIL, FLU

On a night during the waxing to full moon, mix a tablespoon of rue into a glass of water. The following night, take the glass outside and enchant the mixture beneath the moonlight by saying:

Herb of Grace, 0 cleansing one Bring good health back on the run

Drink the water in its entirety.

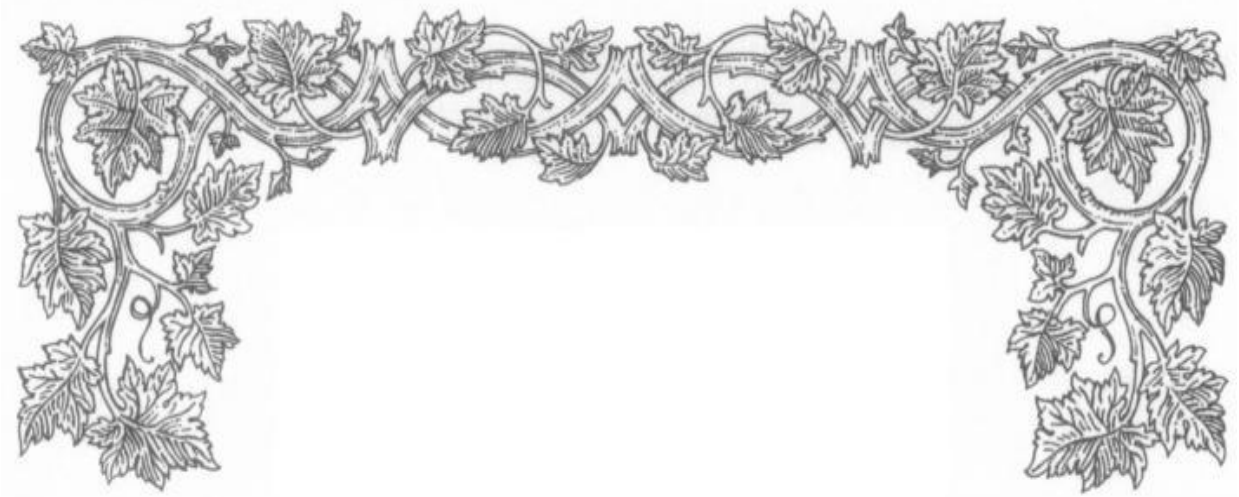


PROTECTION FOR. LOVED ONES

Using a blender or a coffee grinder, blend together one teaspoon of mint, one teaspoon of clove, and one cup of baking soda while chanting:

Guard my loved ones-keep them sound Grant safety on air, sea, or ground
Protect well their belongings, too Do now what I ask of you

Then dust the mixture inside family member's shoes to ensure their safety.



HOUSEPLANT GROWTH SPELL

Begin by gathering an assortment of clear quartz crystals, some cup hooks, and a supply of string, yarn, or ribbon. Attach a hook to the ceiling over each plant, then suspend the crystals from them by tying a string around each stone. As you suspend each crystal, say to the plant below:

Reach out-touch the stones, my dears Grow and thrive with joy and cheer

Tend and nurture your plants in the usual fashion, and watch them grow.

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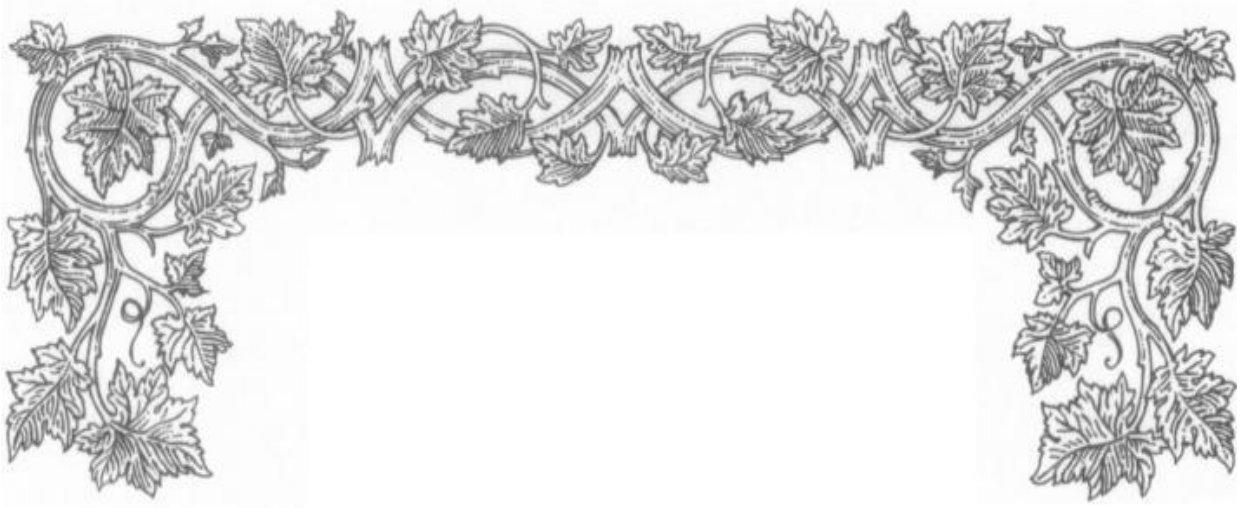
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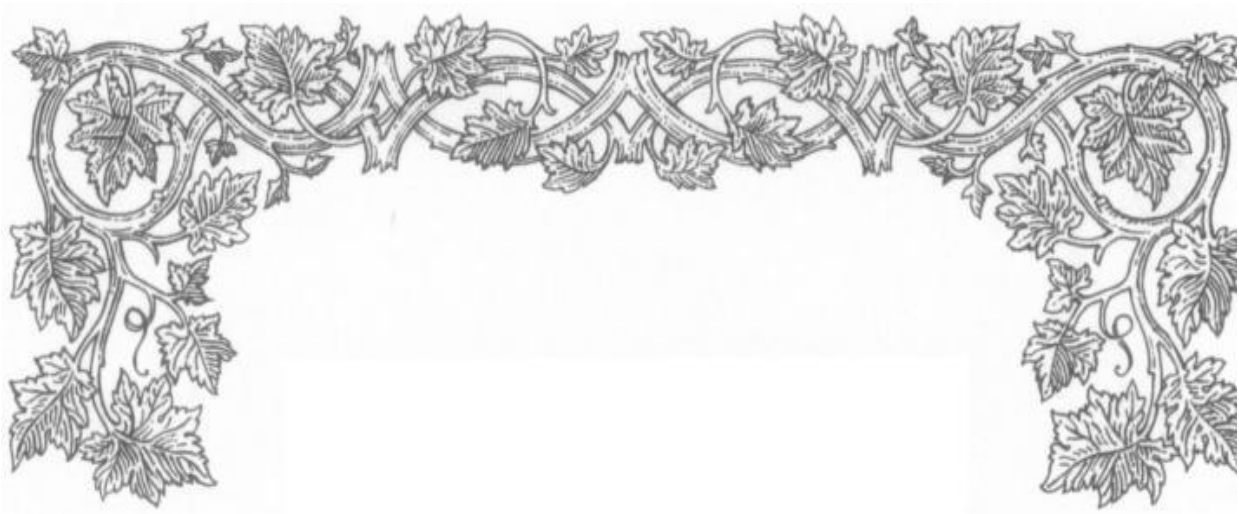
MEAL BLESSING

It's just good manners
to thank the Ancients
for your food at
mealtime. That being
the case, use this
simple blessing
before you pick up
your fork.

For this meal, I thank you now As it sustains me, please allow Your blessings
on these gifts and me As I will, so mote it be







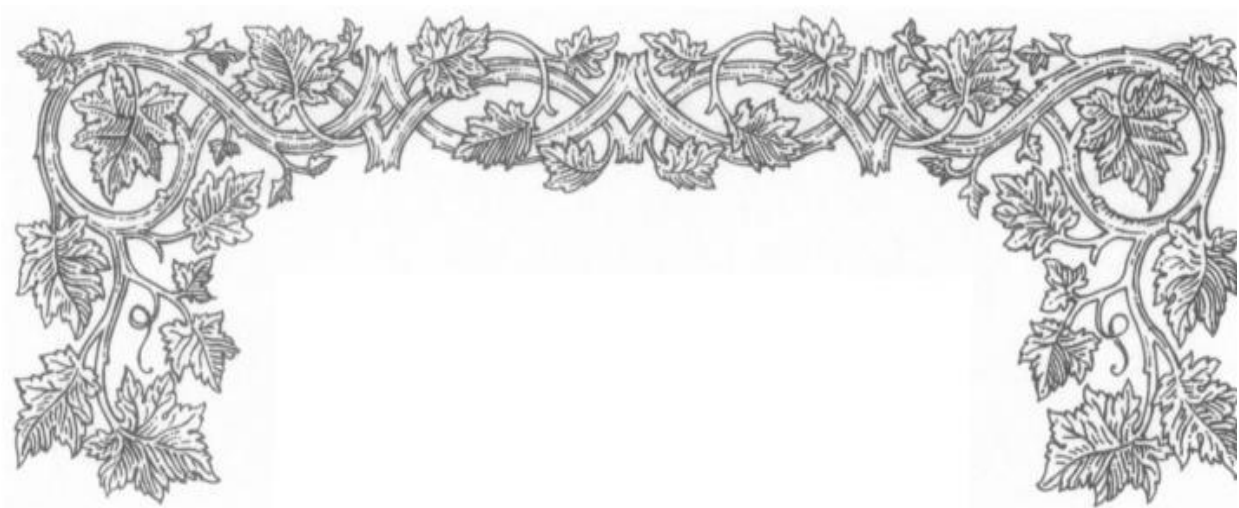
SPELL, TO INVITE THE FEY INTO YOUR HOME

Place four
handkerchiefs on a
flat surface, and
sprinkle one teaspoon
of thyme into the
center of each. Knot
each handkerchief to
secure the thyme,
then place one bundle
in each corner of your
home while saying:

I grant you entrance to my home Come and frolic, play and roam







SPELL TO BE KID OF MISCHIEVOUS SPIRITS

Stand in the center of
your home-or the area
that seems to be most
affected-and hold
your hands up to the
sky while saying
three times:

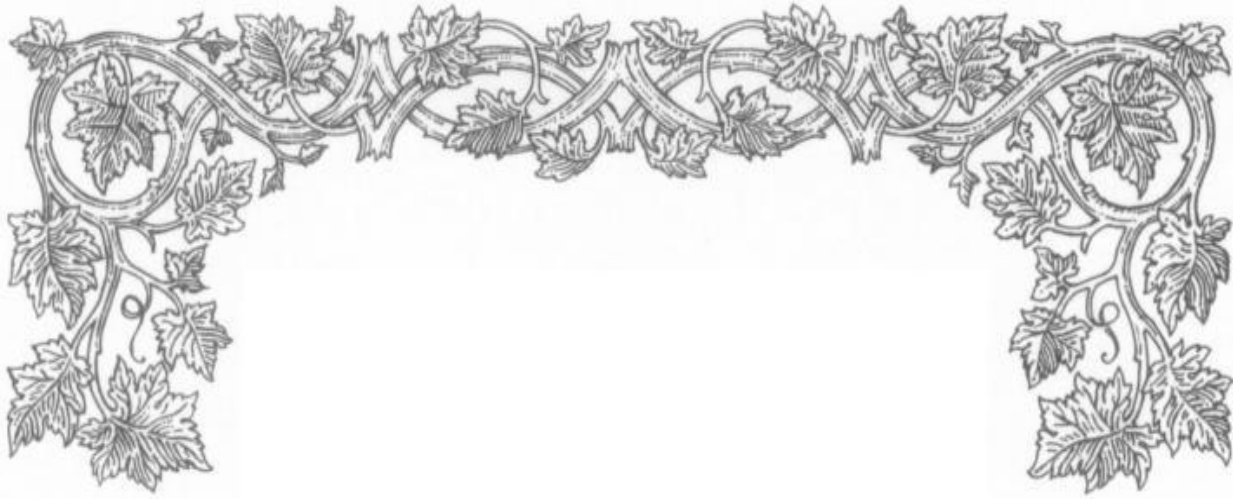
Space I want and space there be Space between your bane and me

Then light a vanilla
candle to prevent
their return. Allow
the candle to burn all
the way down.



Blank lined paper with horizontal ruling lines and dashed midlines for handwriting practice.



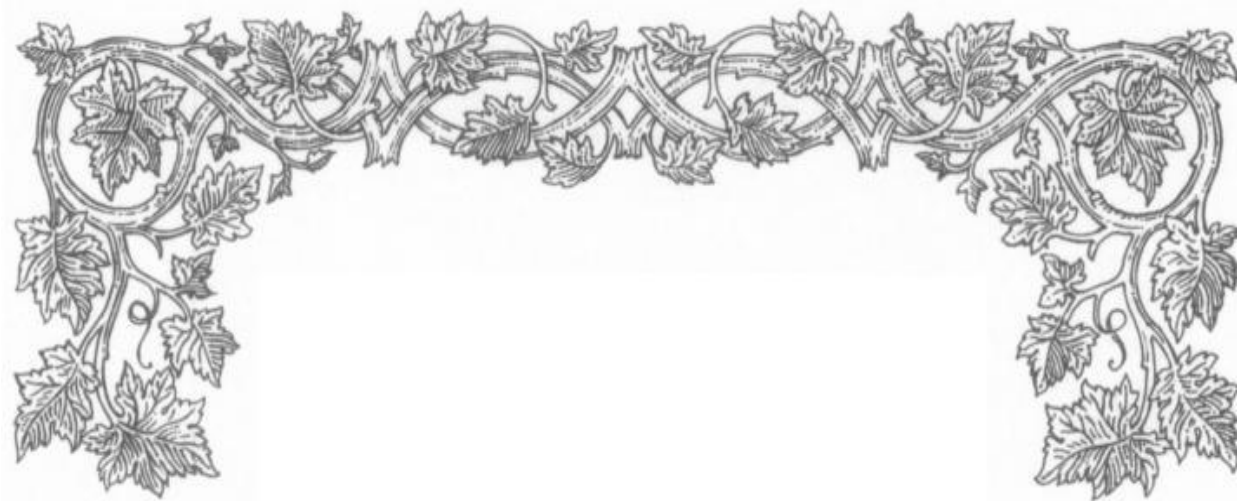


SPELL, TO KEEP LOVE ALIVE

To keep love going in
a current romance,
light a red candle,
then, using red ink,
write the following
words on white paper.

Venus! Mars! Come do Your thing Into our hearts Your passion fling I ask
new breadth and depth, allow Bring our love to life right now

Fold the paper in half,
seal it with wax from
the candle, and place
it under your bed.
Extinguish the
candle.

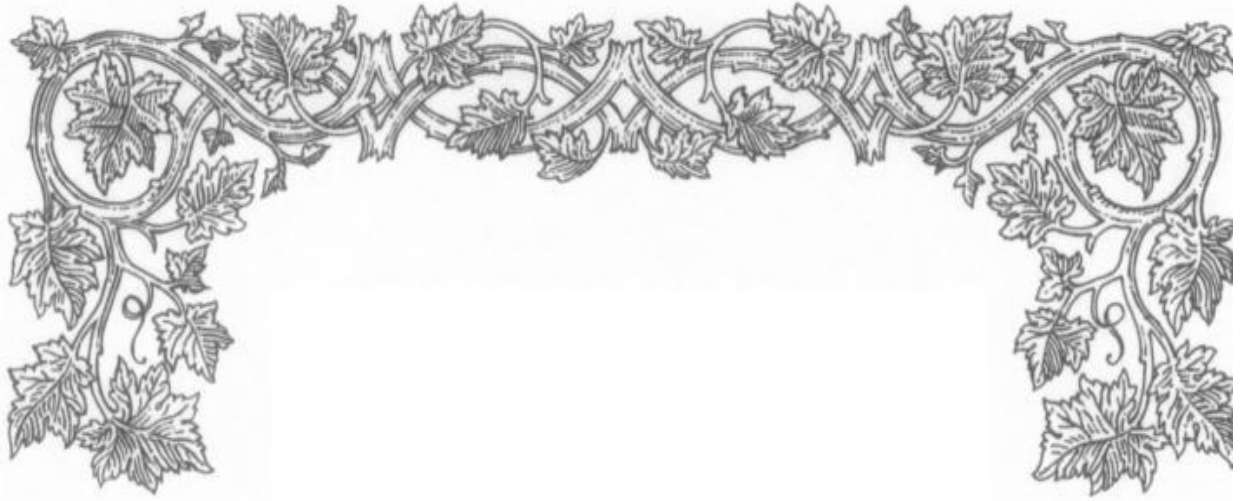


MINOR ADDICTION/ BAD HABIT CHARM

Enchant a piece of staurolite (sometimes called fairy stone) during the waning moon by holding it to your forehead and saying:

Keep cravings far away from me As I will, so mote it be

Carry the stone with you for quick results.

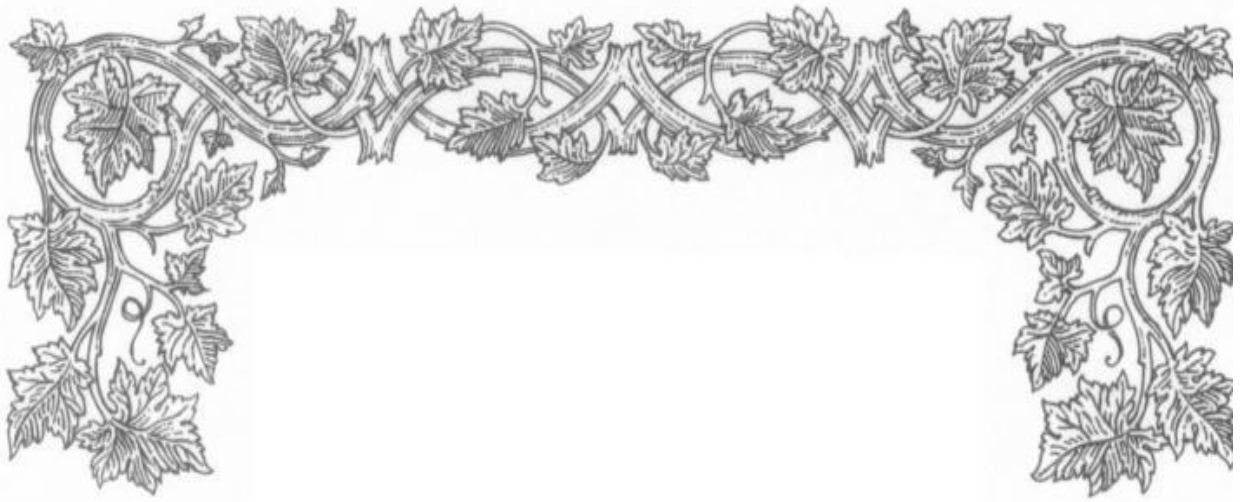


NEGATIVE ENERGY REMOVAL, SPELL,

Begin by gathering as many small containers (margarine tubs work well for this) as there are rooms in your home. Place a slice of onion into each container and cover well with vinegar. Then place one dish in each room, saying:

Negative energy go away By this spell you cannot stay Begone from here
now-fly and flee As I will, so mote it be



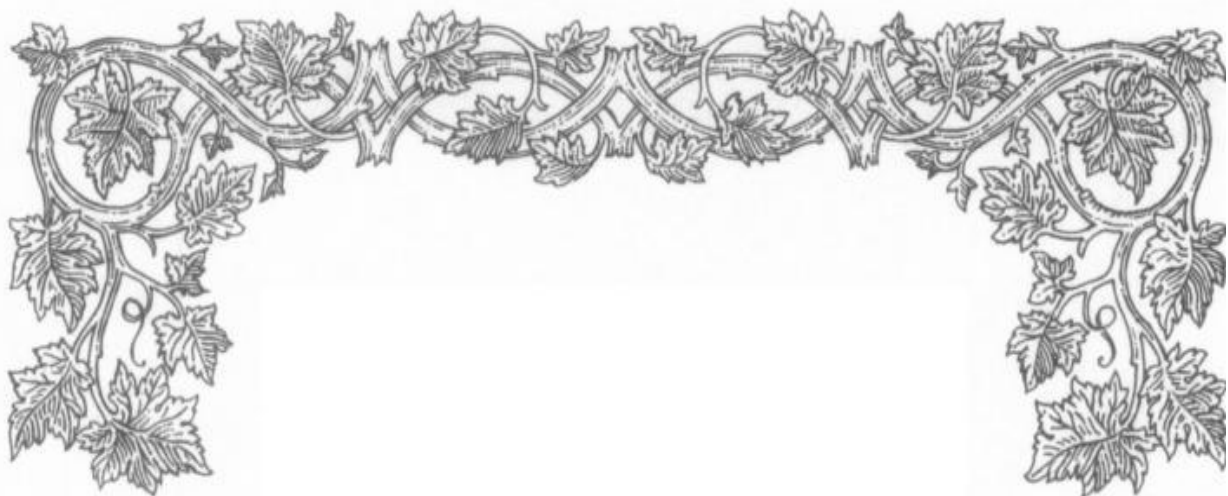


ANXIETY I MOVAL SPELL

To rid yourself of
undue anxiety or
panic, light a vanilla
candle and say three
times:

Ease my pounding heart right now Ease my nerves and don't allow Anxiety
to call again Chase it back from whence it came

Visualize anxiety
melting away with
the candle wax. Let
the candle burn all
the way down.

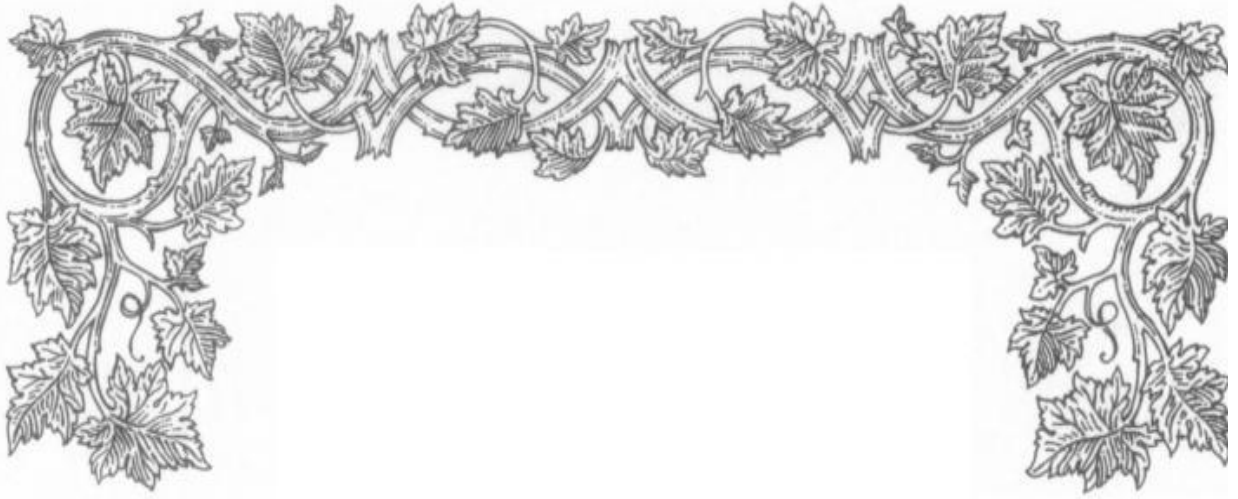


APATHY KEL,IEF SPELL

Add one tablespoon
of peppermint leaf to
a cup of boiling
water, then set it aside
to steep for ten
minutes. As it steeps,
chant silently:

Add excitement, herb of spice Restore my interest in this life Indifference,
now please chase away Remove this villain now, I say

Drink the tea and feel
indifference slip
away.



ANTI-DOORMAT SPELL

If people seem to
walk all over you or
ignore your
accomplishments,
obtain an arrowhead
and rub it well with
lavender flowers
while saying:

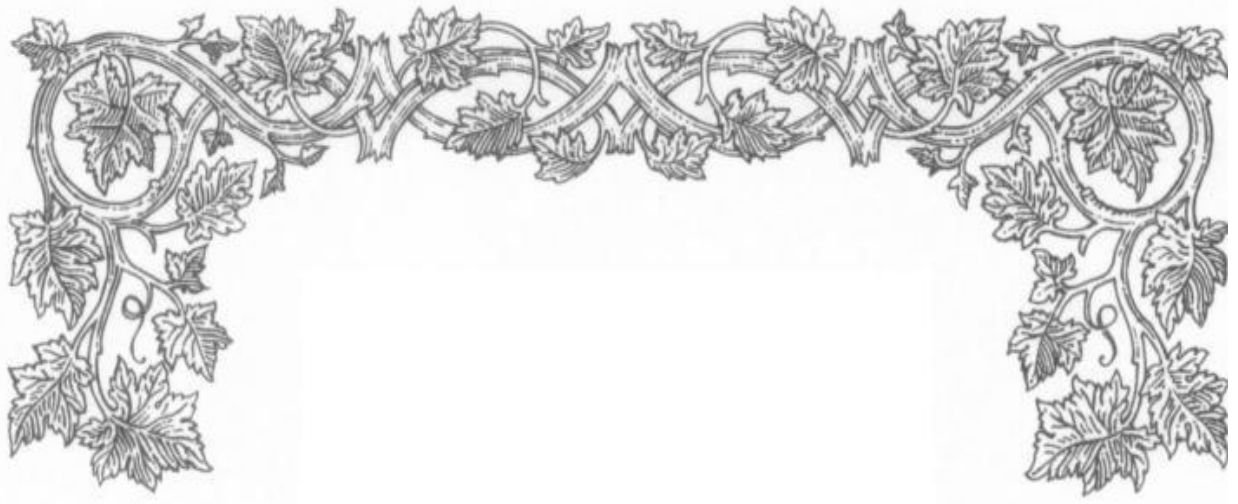
By Earth and plant, give credit due A new day's dawned, so bright and true I
am worthy of respect By herb and stone, these thoughts reflect

Carry the arrowhead
or keep it near you,
and the problem will
disappear.



Blank lined paper with horizontal ruling lines and dashed midlines, resembling notebook paper.





CHANT TO BOOST CANDLE MAGIC

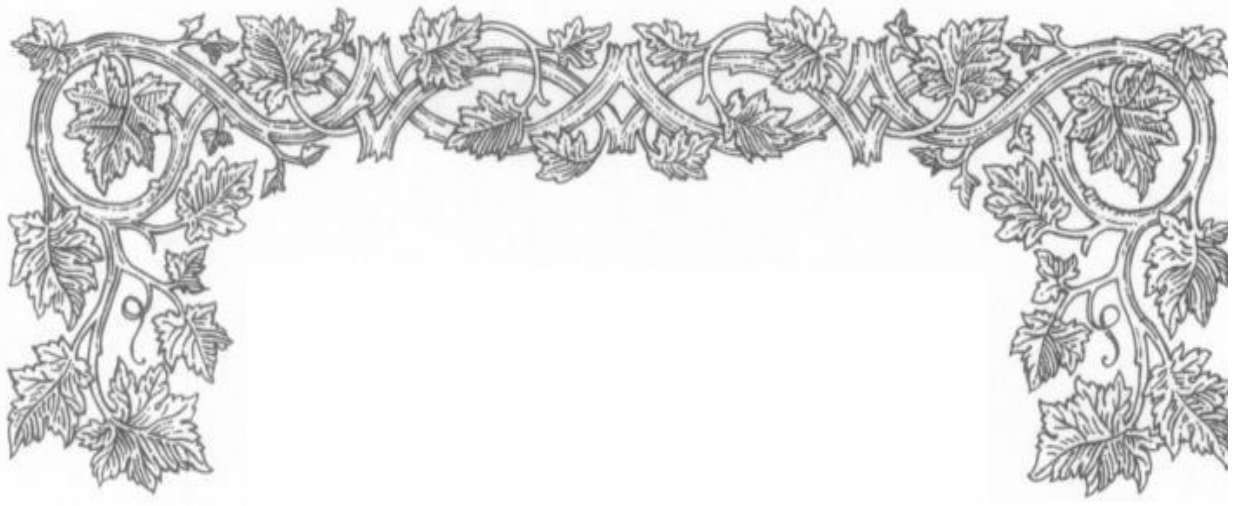
To add oomph to any spell involving candle magic, use the following chant when lighting the wick; then perform the spell as directed.

By dark of Crone and dark of night I create this perfect light
Bring its power back to me As I will, so mote it be



Blank lined paper with horizontal ruling lines and dashed midlines for handwriting practice.





SPELL, TO BOOST PERSONAL PRODUCTIVITY

During the new to full moon, gather together a hematite, a quartz crystal, a piece of orange calcite, and a small basket or ash tray. Place the hematite in the container and enchant it by saying:

Ground and heal, magnetic one Bring clarity 'til day is done

Add the quartz crystal and say:

Bring boundless energy my way And let it last all through the day

Add the orange
calcite and say:

Stone of joy and yellow light Help me sort through workday plight

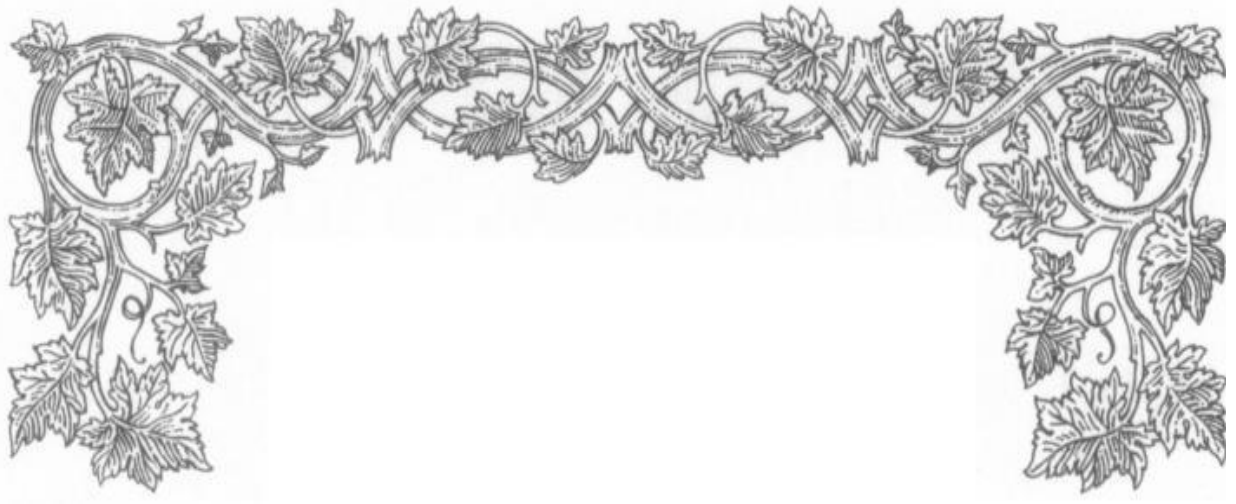
Place the container of
stones on your desk
and say:

Help me work 'til I am done Bring inspiration on the run So that when the
day is through I have nothing left to do



Blank lined paper with horizontal ruling lines and a vertical margin line on the left side.





FULL MOON WISH SPELL

At night, when the moon is full, go outside with a glass of juice. Look up at the moon and tell it exactly what you desire. (Do this in full detail and don't leave anything out.) When you are done, lift your glass in toast to the moon and say:

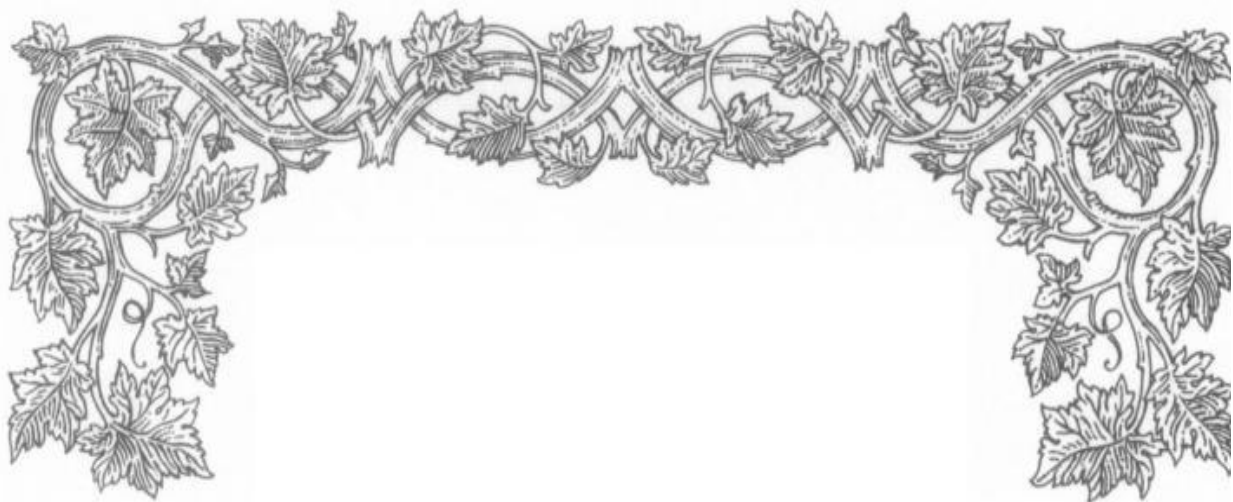
Mother Goddess, look and see This goblet that I offer Thee It is Yours for all
You do Gracious One of silver hue

Pour the juice on the ground and know that your wish will be granted.



Blank lined paper with horizontal ruling lines and dashed midlines for handwriting practice.





QUICK AMULET/ CHARM BLESSING

To bless an amulet or charm, hold it between your hands and visualize the desired results in full detail. Once the vision is imprinted in your mind's eye, chant:

I give you joy and breath and life I give you purpose, plan, and sight Do now
what I ask of thee As I will, so mote it be

.....

[illegible][illegible][illegible]

no	sex	age	wt	ht	skn	fat	mus	bone	total	protein	carbo	fat	minerals	vitamins	water
1	male	25	70	175	15	10	40	10	75	15	30	10	5	5	65
2	female	30	60	160	12	8	35	8	63	12	25	8	4	4	59
3	male	40	80	185	18	12	45	12	87	18	35	12	6	6	73
4	female	20	50	150	10	6	30	6	52	10	20	6	3	3	52
5	male	35	75	170	14	9	38	9	70	14	28	9	5	5	61
6	female	28	55	155	11	7	32	7	57	11	22	7	4	4	54
7	male	45	85	190	20	14	50	14	98	20	40	14	7	7	78
8	female	32	65	165	13	9	36	9	67	13	26	9	5	5	62
9	male	22	65	160	12	8	35	8	63	12	25	8	4	4	59
10	female	38	70	170	14	10	40	10	74	14	28	10	5	5	61

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ANNUAL INCOME	2017	2018	2019	2020	2021	2022	2023	2024	2025	2026	2027	2028	2029	2030	2031	2032	2033	2034	2035	2036	2037	2038	2039	2040	2041	2042	2043	2044	2045	2046	2047	2048	2049	2050	2051	2052	2053	2054	2055	2056	2057	2058	2059	2060	2061	2062	2063	2064	2065	2066	2067	2068	2069	2070	2071	2072	2073	2074	2075	2076	2077	2078	2079	2080	2081	2082	2083	2084	2085	2086	2087	2088	2089	2090	2091	2092	2093	2094	2095	2096	2097	2098	2099	2100	2101	2102	2103	2104	2105	2106	2107	2108	2109	2110	2111	2112	2113	2114	2115	2116	2117	2118	2119	2120	2121	2122	2123	2124	2125	2126	2127	2128	2129	2130	2131	2132	2133	2134	2135	2136	2137	2138	2139	2140	2141	2142	2143	2144	2145	2146	2147	2148	2149	2150	2151	2152	2153	2154	2155	2156	2157	2158	2159	2160	2161	2162	2163	2164	2165	2166	2167	2168	2169	2170	2171	2172	2173	2174	2175	2176	2177	2178	2179	2180	2181	2182	2183	2184	2185	2186	2187	2188	2189	2190	2191	2192	2193	2194	2195	2196	2197	2198	2199	2200	2201	2202	2203	2204	2205	2206	2207	2208	2209	2210	2211	2212	2213	2214	2215	2216	2217	2218	2219	2220	2221	2222	2223	2224	2225	2226	2227	2228	2229	2230	2231	2232	2233	2234	2235	2236	2237	2238	2239	2240	2241	2242	2243	2244	2245	2246	2247	2248	2249	2250	2251	2252	2253	2254	2255	2256	2257	2258	2259	2260	2261	2262	2263	2264	2265	2266	2267	2268	2269	2270	2271	2272	2273	2274	2275	2276	2277	2278	2279	2280	2281	2282	2283	2284	2285	2286	2287	2288	2289	2290	2291	2292	2293	2294	2295	2296	2297	2298	2299	2300	2301	2302	2303	2304	2305	2306	2307	2308	2309	2310	2311	2312	2313	2314	2315	2316	2317	2318	2319	2320	2321	2322	2323	2324	2325	2326	2327	2328	2329	2330	2331	2332	2333	2334	2335	2336	2337	2338	2339	2340	2341	2342	2343	2344	2345	2346	2347	2348	2349	2350	2351	2352	2353	2354	2355	2356	2357	2358	2359	2360	2361	2362	2363	2364	2365	2366	2367	2368	2369	2370	2371	2372	2373	2374	2375	2376	2377	2378	2379	2380	2381	2382	2383	2384	2385	2386	2387	2388	2389	2390	2391	2392	2393	2394	2395	2396	2397	2398	2399	2400	2401	2402	2403	2404	2405	2406	2407	2408	2409	2410	2411	2412	2413	2414	2415	2416	2417	2418	2419	2420	2421	2422	2423	2424
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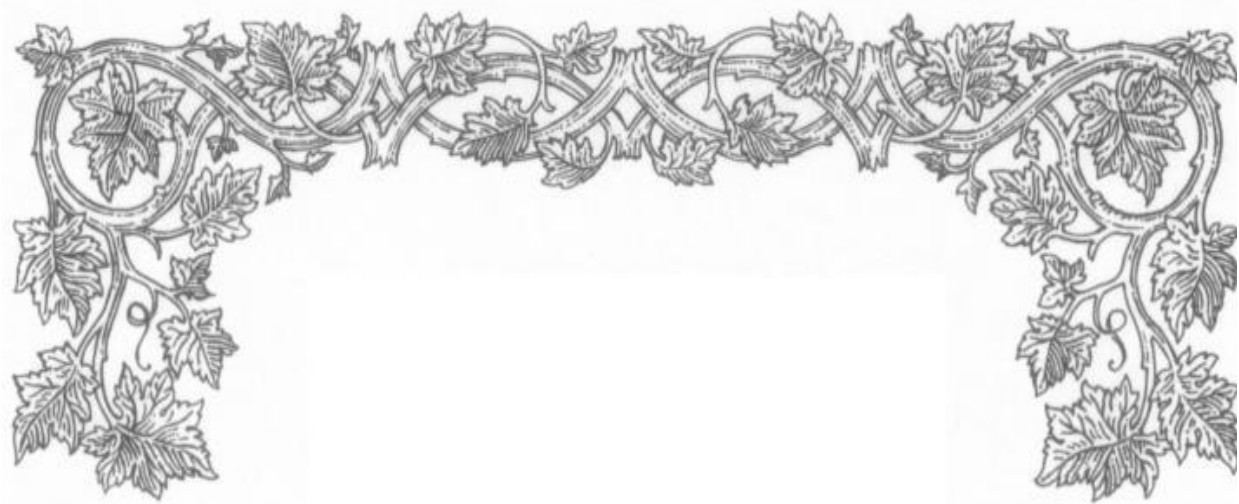
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P13,0TECTION AGAINST LIGHTNING

To protect your home from lightning strikes, form a cross with two rowan twigs by binding them together with red thread. Then ask Thor, the God of Lightning, for His blessing by saying:

Mighty Thor Who brings the fire From sky to ground-from flame to pyre I
put this home now in Your care Protect it well from lightning's fare

Hang the cross over
your front door.

[illegible]

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1999-2000 2000-2001 2001-2002 2002-2003 2003-2004

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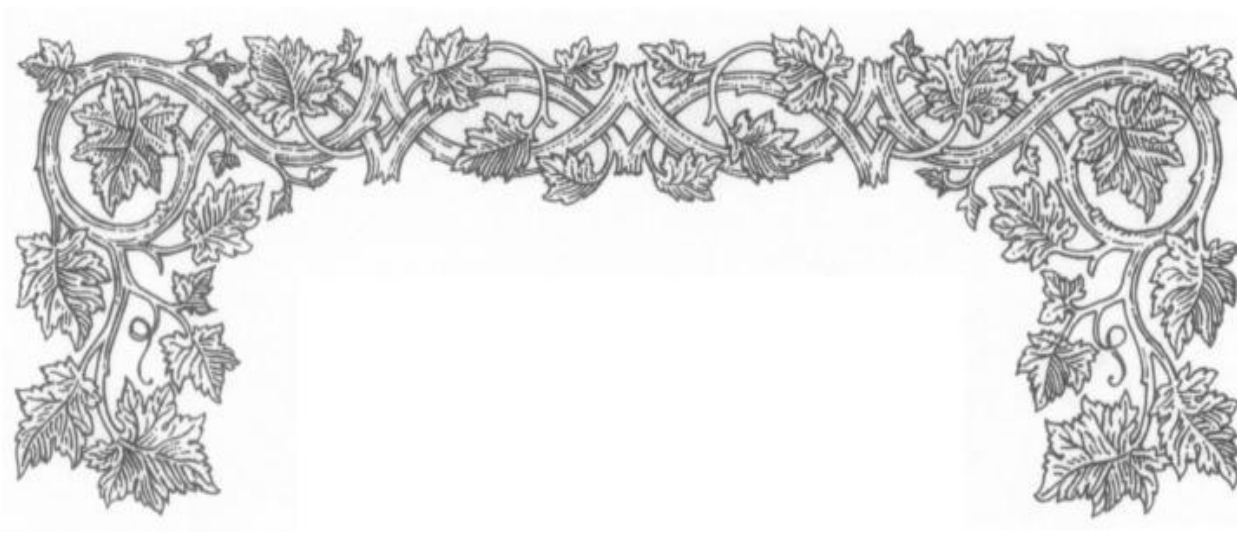




50 2 34 4 272 36 2 555555 1 7 A 2 3 27 343 3 7 A 7 A 555555/343 36 U 45 7 A

Figure 6





SPELL TO INCREASE PHYSICAL ENERGY

Hold a quartz crystal against your Third Eye (the spot between your eyebrows) and visualize your energy levels rising. Then take it one step further: see yourself with more energy than you can possibly use in one day. Still holding the stone to your Third Eye, chant:

Energy come and rise and stay Be enough for work and play With this stone
now bonded be Increase my physical energy

Wear the stone or
carry it with you.

[illegible]

by distribution of	10	based on the	10	10
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7	100	100	100	100	100
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9	100	100	100	100	100
10	100	100	100	100	100
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66	100	100	100	100	100
67	100	100	100	100	100

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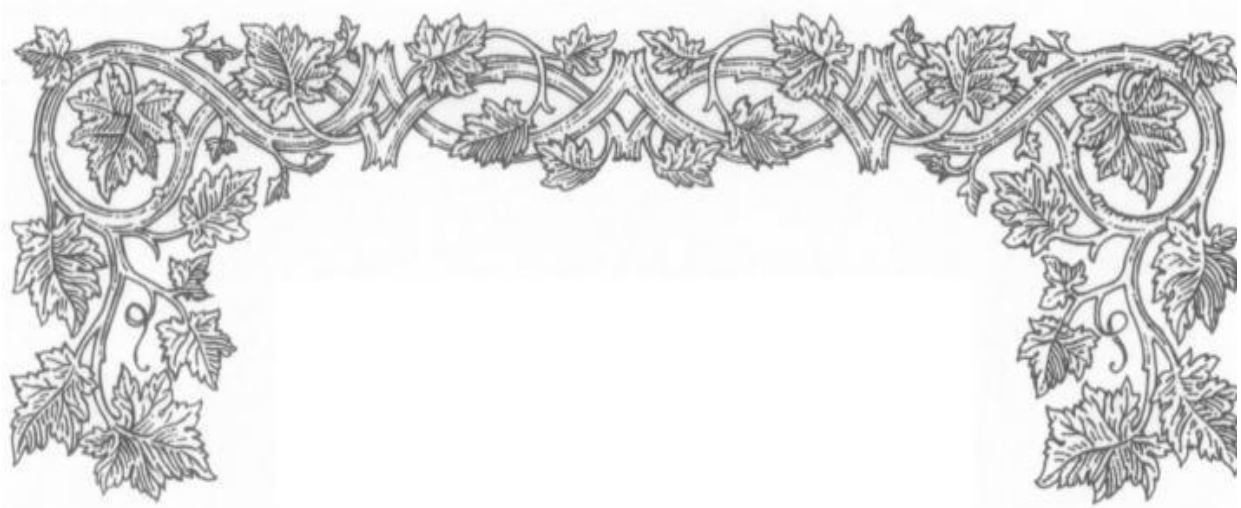
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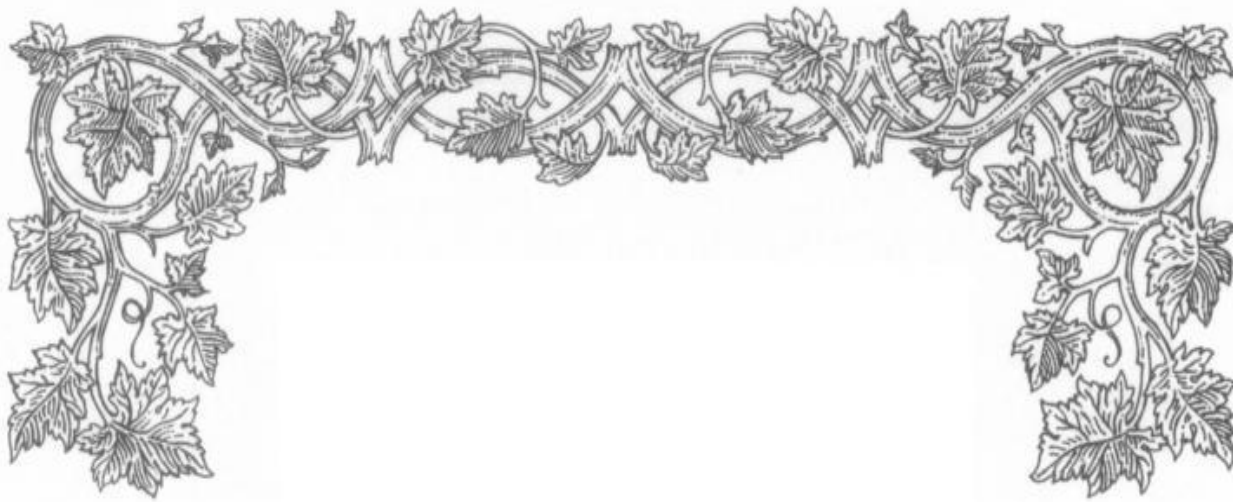


NEGATIVE ENE1.GY ABSOkBEk

Wash an egg in cold water, then dry it carefully and place it in a dish while chanting:

Absorb all negative energy As I will, so mote it be

Put the dish under the bed close to the headboard. (If this isn't possible, place the dish in an area even with the location of your pillow.) Leave the dish for seven days, then bury the egg in the ground.



GENERAL, PROTECTION SPELL

When you need protection from that which you can't see, call on Artemis, the Goddess of All Wild Things, by using the following chant.

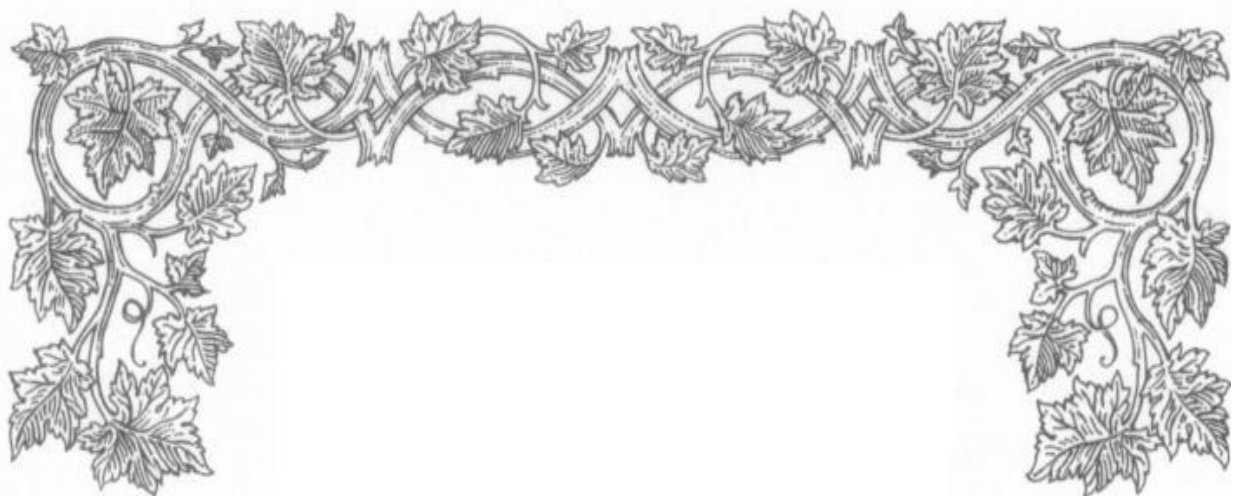
Lady of All Wild Things Magic mistress of the night I chant Your name for all to hear I ask You heed my plight Bring swift action, Artemis, and hold my hand this day Protect me from all harm that I encounter on my way Lend me courage as I tread this path I know as life And remove the obstacles that harm or cause me strife!

To seal the spell, hold your arms up to the sky and chant the name "Artemis" three times.



Blank lined paper with horizontal ruling lines and dashed midlines for handwriting practice.





TO LOCATE MISSING OBJECTS

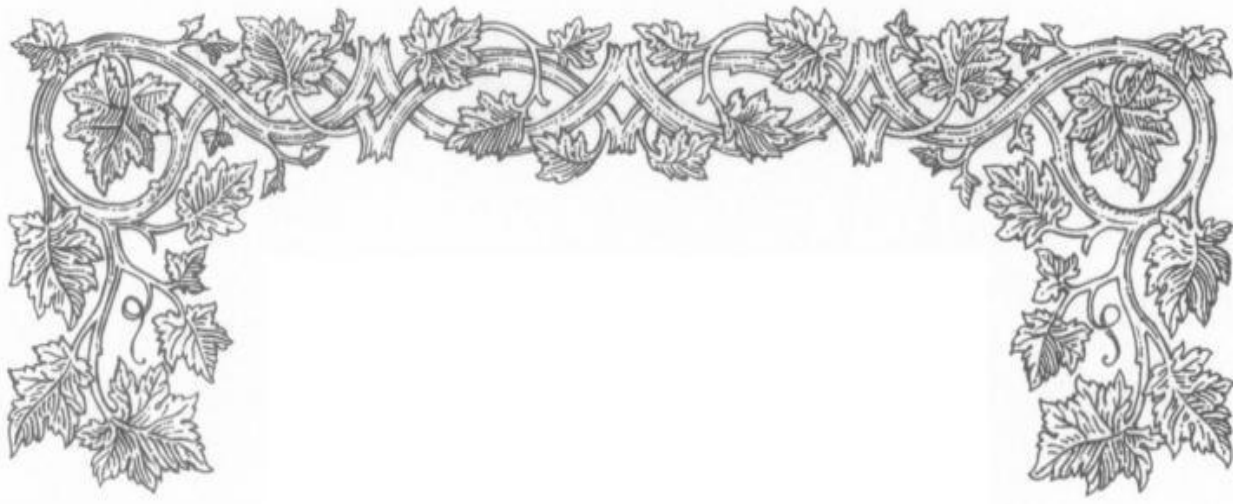
Try the following chant when you can't find your purse, keys, or other important items, and Expedite, the God of Missing Objects, will locate it for you.

Expedite, search and look Through every cranny, corner, nook Until You
find this thing I need And I will pay you well, indeed

The only hitch is that you must keep your promise of payment to Expedite. Just bury a dollar outside as an offering, and He will always come to your aid.



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SPELL TO CHANGE YOUR PERSONAL REALITY

If life isn't going well and you feel the need to change your personal reality, grab some paper and a box of crayons or colored markers. Fill the paper with colored scribbles to signify the chaos in your current life. Then start the magic flowing by drawing a heavy black X across the whole sheet and saying:

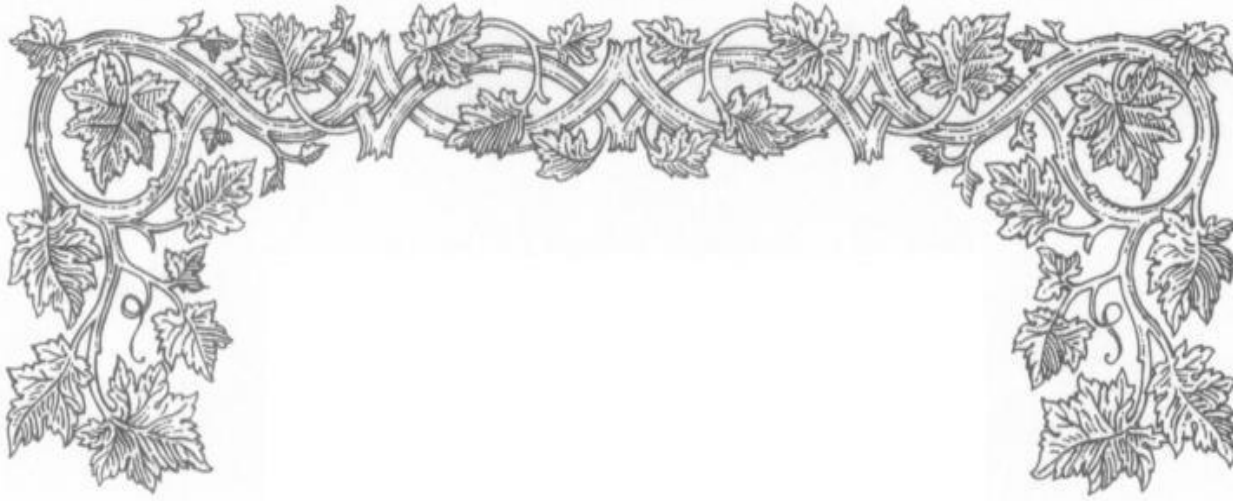
I want no more of my old life No more dissension, stress, or strife Grant a
new reality As I will, so mote it be

To complete the spell,
burn the paper and

flush the ashes down
the toilet.







TO WARD OFF MAGICAL MANIPULATION

If you have reason to believe that you're the victim of a spell or curse, just visualize yourself inside a silver ball and say:

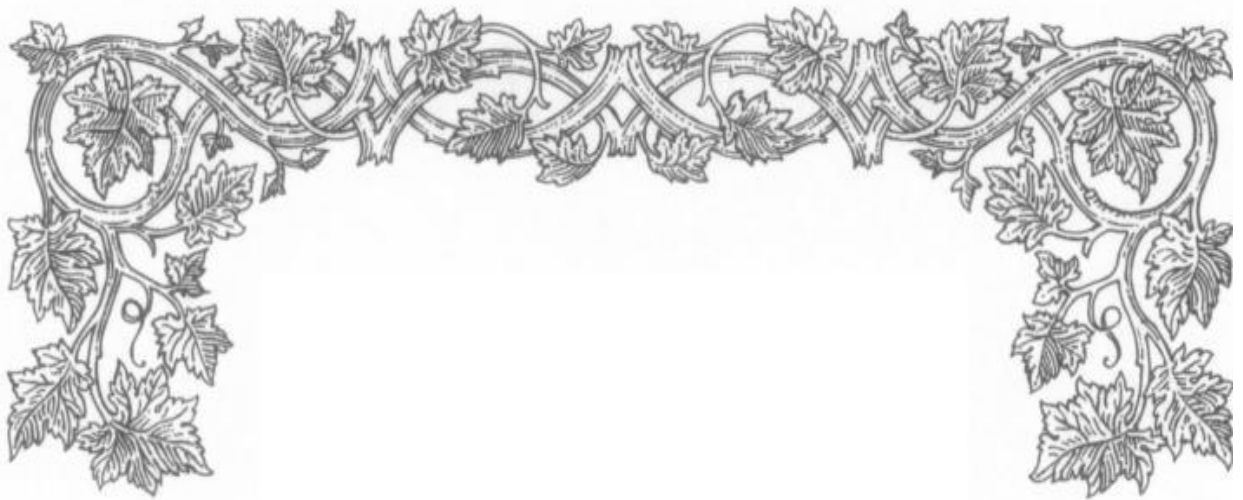
Manipulations in my name Bounce right back from whence they came I'm
protected in this sphere From negative magic far and near

The effects of any magic directed at you will bounce right back to its sender.



Blank lined paper with horizontal ruling lines and dashed midlines for handwriting practice.



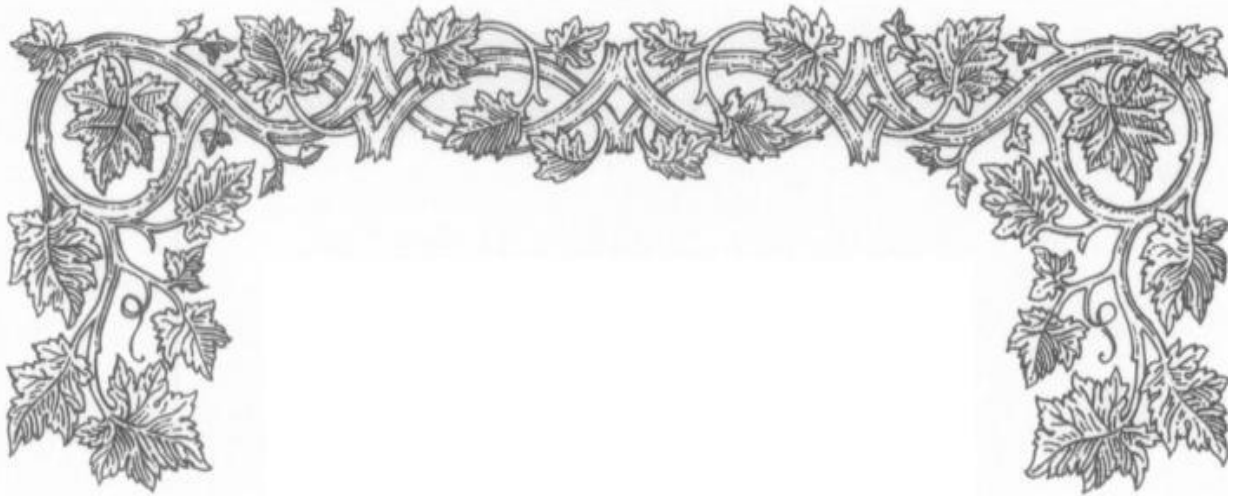


KNOWLEDGE RETENTION CHARM

To retain knowledge
and strengthen your
memory, enchant a
piece of fluorite by
saying:

Beauteous stone of color, rare Aid my memory with your fare Help me
remember what I learn With every single page I turn

Carry the stone with you or keep it in the area where you work or study.

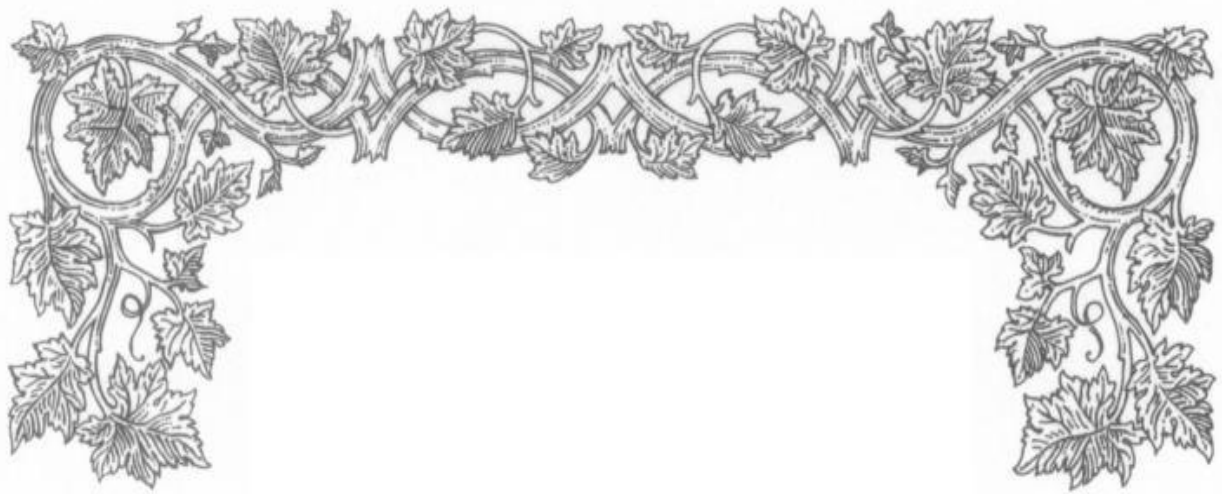


SPELL TO GAIN A NEW JOB OR, PROMOTION

To secure a new job
or gain a promotion,
grab a piece of paper
and write down all of
your qualifications.
Once you're done,
fold the paper five
times, chanting as
you fold:

By fold of one, my wishes come By fold of two, my dream comes true By
fold of three, the magic's free By fold of four, it flies and soars By fold of
five, this spell's alive

Hide the paper in
your purse or pocket,
and take it with you
to your interview.



ANTI-STUBBORNNESS SPELL,

To open your mind,
see new points of
view, and squash your
stubborn streak, begin
by washing a piece of
blue topaz in cold,
clear water. As you
dry the stone, chant:

Help me see new points of view This, blue stone, I ask of you Chase
stubbornness away from me As I will, so mote it be

Carry the stone with
you.

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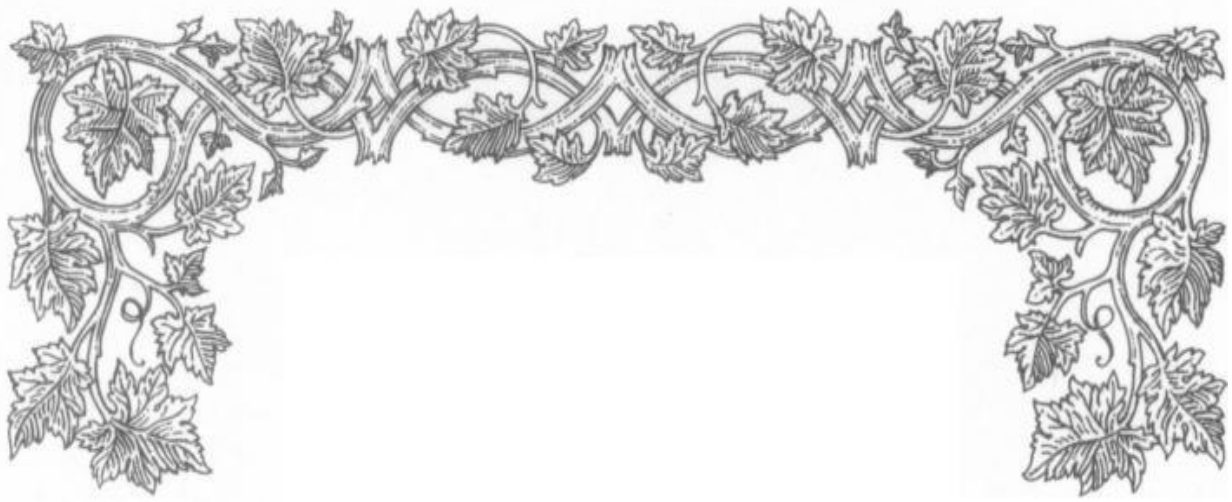
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TO ,DUCE A FEVER

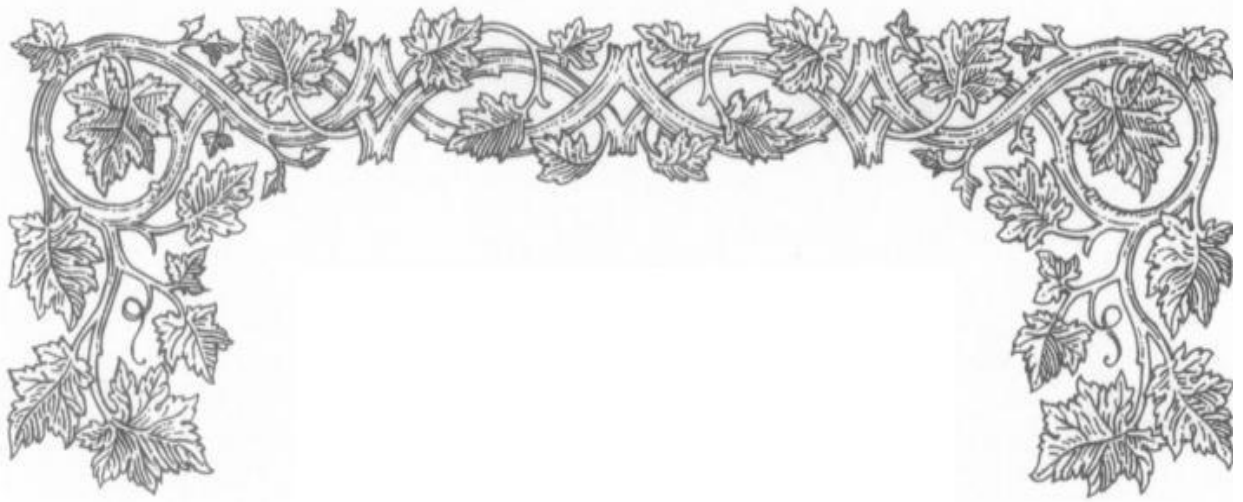
To bring down fever,
hold your hands over
the affected person
and say three times
within the hour:

Spirits dancing from the East Bringing fire and ice and feast In with ice and
out with fire Save the feast for health's desire



Blank lined paper with horizontal ruling lines and dashed midlines for handwriting practice.



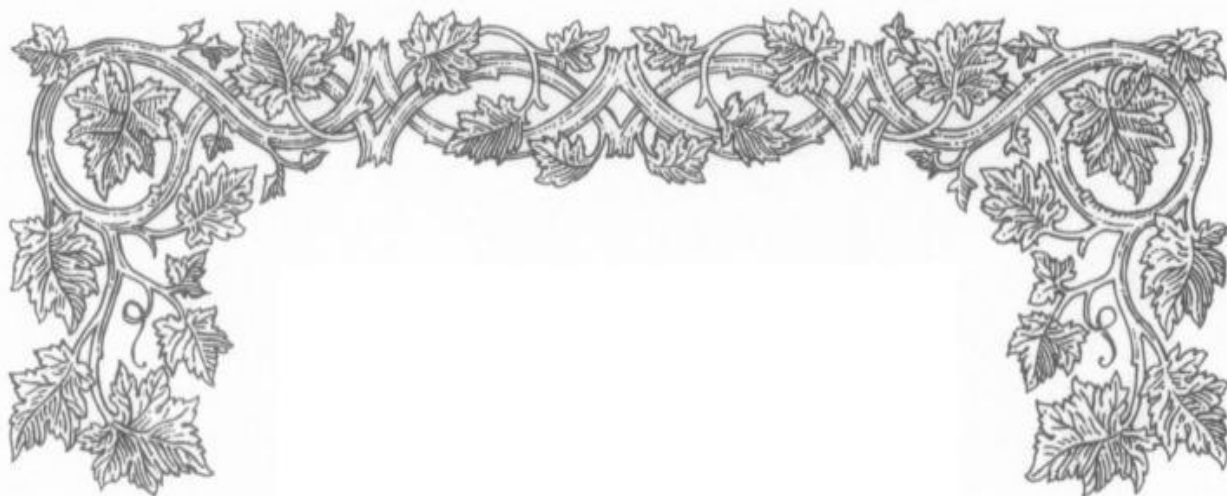


APPLE LOVE SPELL

To keep love growing
strong and true, wait
until the moon has
waxed for three days.
Wash a red apple in
cold water, then
polish it while saying:

Sweetest fire of fruit so red Warm mind and heart, and turn the head

Kiss the apple six
times, then give it to
the one you love.



SAFE TRAVEL SPELL

Before embarking on a trip, invoke Mercury, the God of Travel, with the following chant. It guarantees safe passage and a pleasant journey to all involved.

Mercury, now hear my call Grant safety to us one and all Grant clear passage on the street And a pleasant day to all I meet



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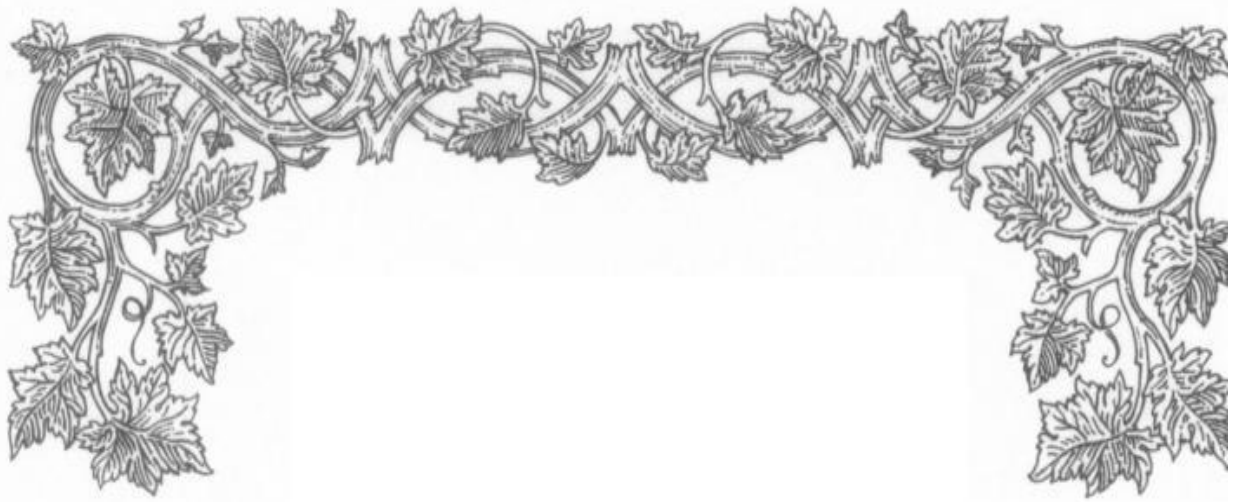
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HEARTH AND HOME PROTECTION SPELL

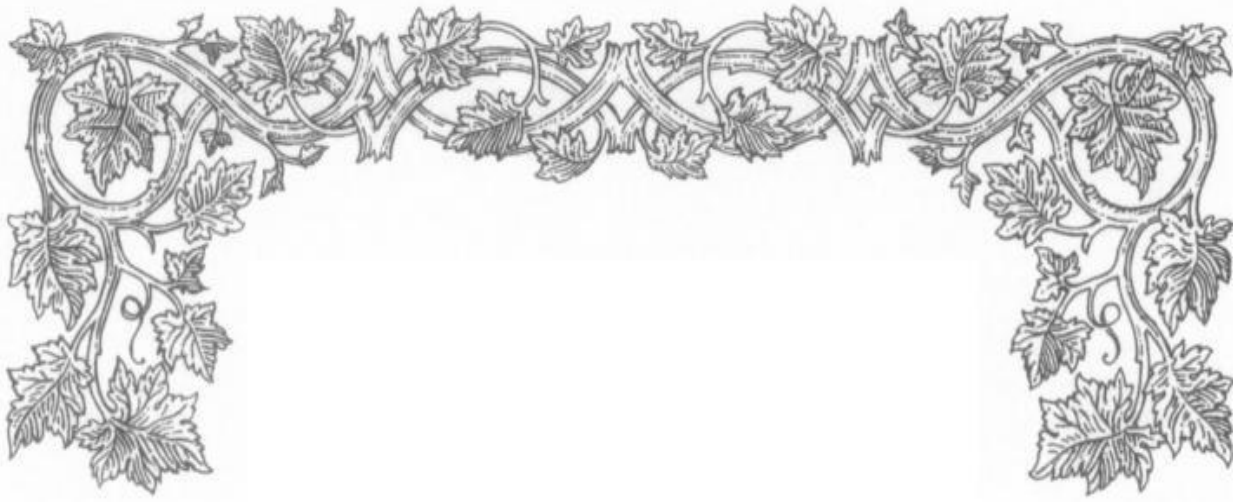
To keep your home
free of chaos and
havoc, grab five
straws from your
household broom.
Light the straws,
place them in a
fireproof dish, then
take the dish into
each room, saying:

I give you heart and fire and light With my breath I give you might Protect
all those who enter here And bring them joy and love and cheer

When you're done,
take the dish to the
kitchen and leave it
there until the straws
burn to ash. Flush the
ashes down the sink
drain.







LUCK,-CHANGING CHANT

When nothing seems
to go your way, go
outdoors on a night
when the moon is
waxing. Then call on
Selene, the Goddess
of the Night and the
Moon, by saying:

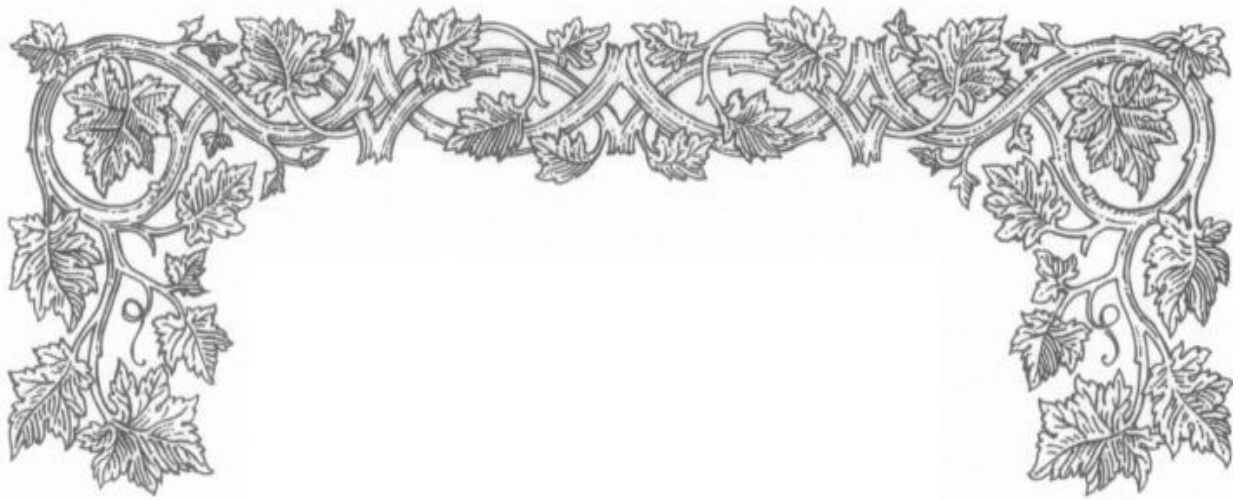
Goddess of the Night and Moon Change my luck and do it soon Boost my
strength and constitution Bring to me a real solution

Blow a kiss to the
moon, and know that
everything will be
alright.



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185 | 186 | 187 | 188 | 189 | 190 | 191 | 192 | 193 | 194 | 195 | 196 | 197 | 198 | 199 | 200 | 201 | 202 | 203 | 204 | 205 | 206 | 207 | 208 | 209 | 210 | 211 | 212 | 213 | 214 | 215 | 216 | 217 | 218 | 219 | 220 | 221 | 222 | 223 | 224 | 225 | 226 | 227 | 228 | 229 | 230 | 231 | 232 | 233 | 234 | 235 | 236 | 237 | 238 | 239 | 240 | 241 | 242 | 243 | 244 | 245 | 246 | 247 | 248 | 249 | 250 | 251 | 252 | 253 | 254 | 255 | 256 | 257 | 258 | 259 | 260 | 261 | 262 | 263 | 264 | 265 | 266 | 267 | 268 | 269 | 270 | 271 | 272 | 273 | 274 | 275 | 276 | 277 | 278 | 279 | 280 | 281 | 282 | 283 | 284 | 285 | 286 | 287 | 288 | 289 | 290 | 291 | 292 | 293 | 294 | 295 | 296 | 297 | 298 | 299 | 300 | 301 | 302 | 303 | 304 | 305 | 306 | 307 | 308 | 309 | 310 | 311 | 312 | 313 | 314 | 315 | 316 | 317 | 318 | 319 | 320 | 321 | 322 | 323 | 324 | 325 | 326 | 327 | 328 | 329 | 330 | 331 | 332 | 333 | 334 | 335 | 336 | 337 | 338 | 339 | 340 | 341 | 342 | 343 | 344 | 345 | 346 | 347 | 348 | 349 | 350 | 351 | 352 | 353 | 354 | 355 | 356 | 357 | 358 | 359 | 360 | 361 | 362 | 363 | 364 | 365 | 366 | 367 | 368 | 369 | 370 | 371 | 372 | 373 | 374 | 375 | 376 | 377 | 378 | 379 | 380 | 381 | 382 | 383 | 384 | 385 | 386 | 387 | 388 | 389 | 390 | 391 | 392 | 393 | 394 | 395 | 396 | 397 | 398 | 399 | 400 | 401 | 402 | 403 | 404 | 405 | 406 | 407 | 408 | 409 | 410 | 411 | 412 | 413 | 414 | 415 | 416 | 417 | 418 | 419 | 420 | 421 | 422 | 423 | 424 | 425 | 426 | 427 | 428 | 429 | 430 | 431 | 432 | 433 | 434 | 435 | 436 | 437 | 438 | 439 | 440 | 441 | 442 | 443 | 444 | 445 | 446 | 447 | 448 | 449 | 450 | 451 | 452 | 453 | 454 | 455 | 456 | 457 | 458 | 459 | 460 | 461 | 462 | 463 | 464 | 465 | 466 | 467 | 468 | 469 | 470 | 471 | 472 | 473 | 474 | 475 | 476 | 477 | 478 | 479 | 480 | 481 | 482 | 483 | 484 | 485 | 486 | 487 | 488 | 489 | 490 | 491 | 492 | 493 | 494 | 495 | 496 | 497 | 498 | 499 | 500 | 501 | 502 | 503 | 504 | 505 | 506 | 507 | 508 | 509 | 510 | 511 | 512 | 513 | 514 | 515 | 516 | 517 | 518 | 519 | 520 | 521 | 522 | 523 | 524 | 525 | 526 | 527 | 528 | 529 | 530 | 531 | 532 | 533 | 534 | 535 | 536 | 537 | 538 | 539 | 540 | 541 | 542 | 543 | 544 | 545 | 546 | 547 | 548 | 549 | 550 | 551 | 552 | 553 | 554 | 555 | 556 | 557 | 558 | 559 | 560 | 561 | 562 | 563 | 564 | 565 | 566 | 567 | 568 | 569 | 570 | 571 | 572 | 573 | 574 | 575 | 576 | 577 | 578 | 579 | 580 | 581 | 582 | 583 | 584 | 585 | 586 | 587 | 588 | 589 | 590 | 591 | 592 | 593 | 594 | 595 | 596 | 597 | 598 | 599 | 600 | 601 | 602 | 603 | 604 | 605 | 606 | 607 | 608 | 609 | 610 | 611 | 612 | 613 | 614 | 615 | 616 | 617 | 618 | 619 | 620 | 621 | 622 | 623 | 624 | 625 | 626 | 627 | 628 | 629 | 630 | 631 | 632 | 633 | 634 | 635 | 636 | 637 | 638 | 639 | 640 | 641 | 642 | 643 | 644 | 645 | 646 | 647 | 648 | 649 | 650 | 651 | 652 | 653 | 654 | 655 | 656 | 657 | 658 | 659 | 660 | 661 | 662 | 663 | 664 | 665 | 666 | 667 | 668 | 669 | 670 | 671 | 672 | 673 | 674 | 675 | 676 | 677 | 678 | 679 | 680 | 681 | 682 | 683 | 684 | 685 | 686 | 687 | 688 | 689 | 690 | 691 | 692 | 693 | 694 | 695 | 696 | 697 | 698 | 699 | 700 | 701 | 702 | 703 | 704 | 705 | 706 | 707 | 708 | 709 | 710 | 711 | 712 | 713 | 714 | 715 | 716 | 717 | 718 | 719 | 720 | 721 | 722 | 723 | 724 | 725 | 726 | 727 | 728 | 729 | 730 | 731 | 732 | 733 | 734 | 735 | 736 | 737 | 738 | 739 | 740 | 741 | 742 | 743 | 744 | 745 | 746 | 747 | 748 | 749 | 750 | 751 | 752 | 753 | 754 | 755 | 756 | 757 | 758 | 759 | 760 | 761 | 762 | 763 | 764 | 765 | 766 | 767 | 768 | 769 | 770 | 771 | 772 | 773 | 774 | 775 | 776 | 777 | 778 | 779 | 780 | 781 | 782 | 783 | 784 | 785 | 786 | 787 | 788 | 789 | 790 | 791 | 792 | 793 | 794 | 795 | 796 | 797 | 798 | 799 | 800 | 801 | 802 | 803 | 804 | 805 | 806 | 807 | 808 | 809 | 810 | 811 | 812 | 813 | 814 | 815 | 816 | 817 | 818 | 819 | 820 | 821 | 822 | 823 | 824 | 825 | 826 | 827 | 828 | 829 | 830 | 831 | 832 | 833 | 834 | 835 | 836 | 837 | 838 | 839 | 840 | 841 | 842 | 843 | 844 | 845 | 846 | 847 | 848 | 849 | 850 | 851 | 852 | 853 | 854 | 855 | 856 | 857 | 858 | 859 | 860 | 861 | 862 | 863 | 864 | 865 | 866 | 867 | 868 | 869 | 870 | 871 | 872 | 873 | 874 | 875 | 876 | 877 | 878 | 879 | 880 | 881 | 882 | 883 | 884 | 885 | 886 | 887 | 888 | 889 | 890 | 891 | 892 | 893 | 894 | 895 | 896 | 897 | 898 | 899 | 900 | 901 | 902 | 903 | 904 | 905 | 906 | 907 | 908 | 909 | 910 | 911 | 912 | 913 | 914 | 915 | 916 | 917 | 918 | 919 | 920 | 921 | 922 | 923 | 924 | 925 | 926 | 927 | 928 | 929 | 930 | 931 | 932 | 933 | 934 | 935 | 936 | 937 | 938 | 939 | 940 | 941 | 942 | 943 | 944 | 945 | 946 | 947 | 948 | 949 | 950 | 951 | 952 | 953 | 954 | 955 | 956 | 957 | 958 | 959 | 960 | 961 | 962 | 963 | 964 | 965 | 966 | 967 | 968 | 969 | 970 | 971 | 972 | 973 | 974 | 975 | 976 | 977 | 978 | 979 | 980 | 981 | 982 | 983 | 984 | 985 | 986 | 987 | 988 | 989 | 990 | 991 | 992 | 993 | 994 | 995 | 996 | 997 | 998 | 999 | 1000 |
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ANTI-WEED SPELL

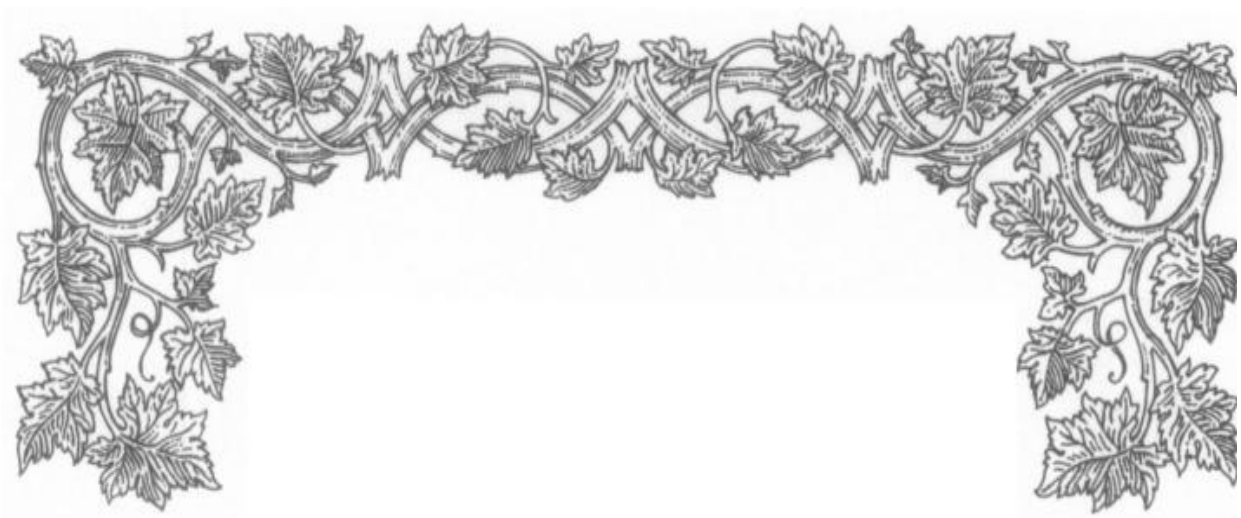
To keep your garden
weed-free, yank a
weed from the Earth,
roots and all. Laugh
and crush it in your
hand, then toss it on
the ground. Spit on it
and sprinkle it
heavily with salt
while saying:

I stop you in your very tracks You cannot hide and that's a fact So take heed
now, the rest of you And move on, lest I crush you, too



Blank lined paper with horizontal ruling lines and dashed midlines for handwriting practice.





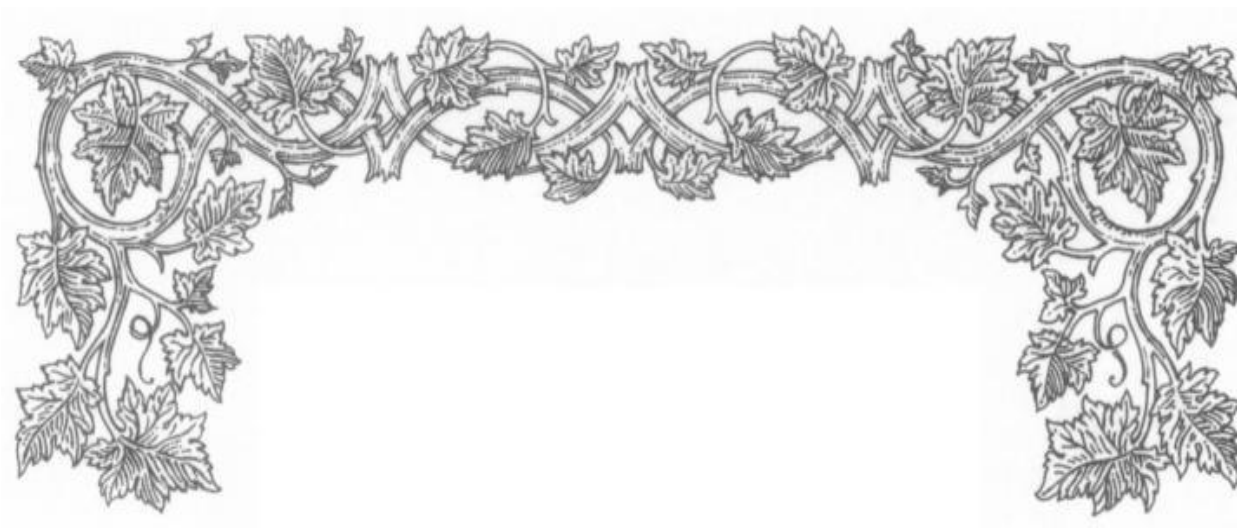
TO P1~OTECT FKQM DANGER

Should you find
yourself in a
potentially dangerous
situation, kneel down,
raise your arms to the
sky, and invoke Kali
Ma by saying:

Kali Ma, I call on You Do whatever You must do To keep me safe from all
that harms Protect me in Your sacred arms

She will untangle you
from the danger and
protect you from all
harm.





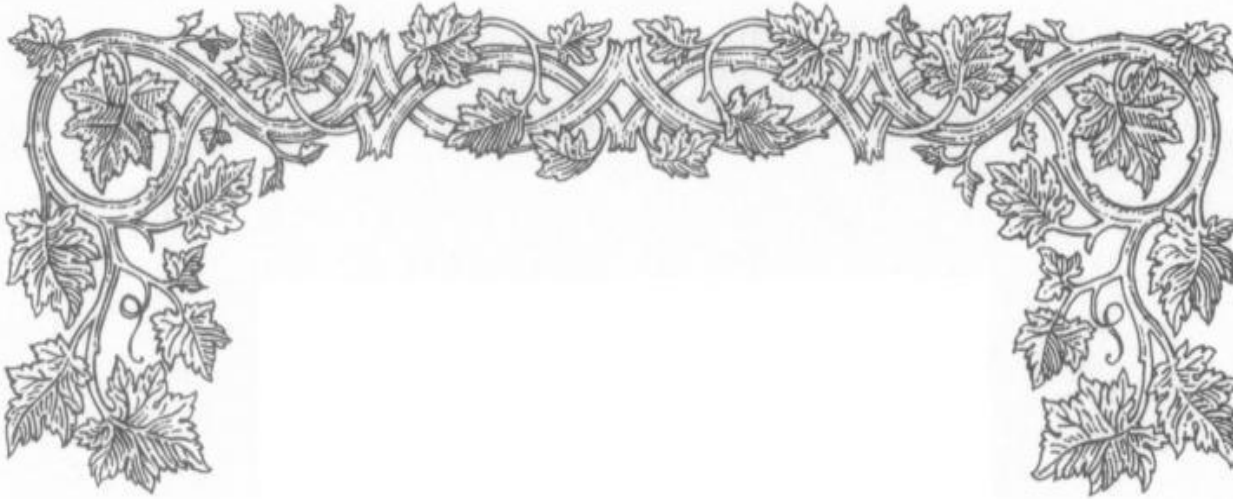
SPELL TO INCREASE FINANCES

To increase your cash flow and have enough for extra bills, light three candles-one yellow, one green, and one blue-and place seven pennies around them in a circle. Focus on the candle flames for a moment, then chant:

Increase my money-let it come By moonlit night and daily Sun Bring just
enough that I may pay The bills I owe from day to day

Let the candles burn completely down, then put the pennies in your purse or pocket. As long as you don't spend them,

bills will never
present a problem.



SELF-CONFIDENCE SPELL

Should self-
confidence need a
boost, write the
following words on a
piece of paper:

Confidence, come unto me Nervousness, now quickly flee Bring me strength
and bring me ease As I will, so mote it be

Place a piece of
turquoise, hematite,
and quartz crystal on
top, then wrap the
paper around the
stones and secure the
bundle with tape.
Place the package in
your purse or pocket
to complete the spell.

[illegible]

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10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100 101 102 103 104 105 106 107 108 109 110 111 112 113 114 115 116 117 118 119 120 121 122 123 124 125 126 127 128 129 130 131 132 133 134 135 136 137 138 139 140 141 142 143 144 145 146 147 148 149 150 151 152 153 154 155 156 157 158 159 160 161 162 163 164 165 166 167 168 169 170 171 172 173 174 175 176 177 178 179 180 181 182 183 184 185 186 187 188 189 190 191 192 193 194 195 196 197 198 199 200 201 202 203 204 205 206 207 208 209 210 211 212 213 214 215 216 217 218 219 220 221 222 223 224 225 226 227 228 229 230 231 232 233 234 235 236 237 238 239 240 241 242 243 244 245 246 247 248 249 250 251 252 253 254 255 256 257 258 259 260 261 262 263 264 265 266 267 268 269 270 271 272 273 274 275 276 277 278 279 280 281 282 283 284 285 286 287 288 289 290 291 292 293 294 295 296 297 298 299 300 301 302 303 304 305 306 307 308 309 310 311 312 313 314 315 316 317 318 319 320 321 322 323 324 325 326 327 328 329 330 331 332 333 334 335 336 337 338 339 340 341 342 343 344 345 346 347 348 349 350 351 352 353 354 355 356 357 358 359 360 361 362 363 364 365 366 367 368 369 370 371 372 373 374 375 376 377 378 379 380 381 382 383 384 385 386 387 388 389 390 391 392 393 394 395 396 397 398 399 400 401 402 403 404 405 406 407 408 409 410 411 412 413 414 415 416 417 418 419 420 421 422 423 424 425 426 427 428 429 430 431 432 433 434 435 436 437 438 439 440 441 442 443 444 445 446 447 448 449 450 451 452 453 454 455 456 457 458 459 460 461 462 463 464 465 466 467 468 469 470 471 472 473 474 475 476 477 478 479 480 481 482 483 484 485 486 487 488 489 490 491 492 493 494 495 496 497 498 499 500 501 502 503 504 505 506 507 508 509 510 511 512 513 514 515 516 517 518 519 520 521 522 523 524 525 526 527 528 529 530 531 532

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Key words: aging; cognition; memory; personality

| Year | 2000 | 2001 | 2002 | 2003 | 2004 |
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TONG & WANG

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| Year | U.S. should take action (%) | U.S. should not take action (%) |
|------|-----------------------------|---------------------------------|
| 1997 | 75 | 25 |
| 1998 | 85 | 15 |
| 1999 | 75 | 25 |
| 2000 | 85 | 15 |
| 2001 | 75 | 25 |
| 2002 | 85 | 15 |
| 2003 | 75 | 25 |
| 2004 | 85 | 15 |

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5. 7. 2019

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| ψ | A | M, F, Y | B | H | Q, R, S | L | WOM | WE | WOMEN | AS THE | T | S | A | WILL | M | N |
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| Year | Year 19 | Year 20 | Year 21 | Year 22 | Year 23 | Year 24 | Year 25 |
|------|---------|---------|---------|---------|---------|---------|---------|
| 1990 | 1991 | 1992 | 1993 | 1994 | 1995 | 1996 | 1997 |

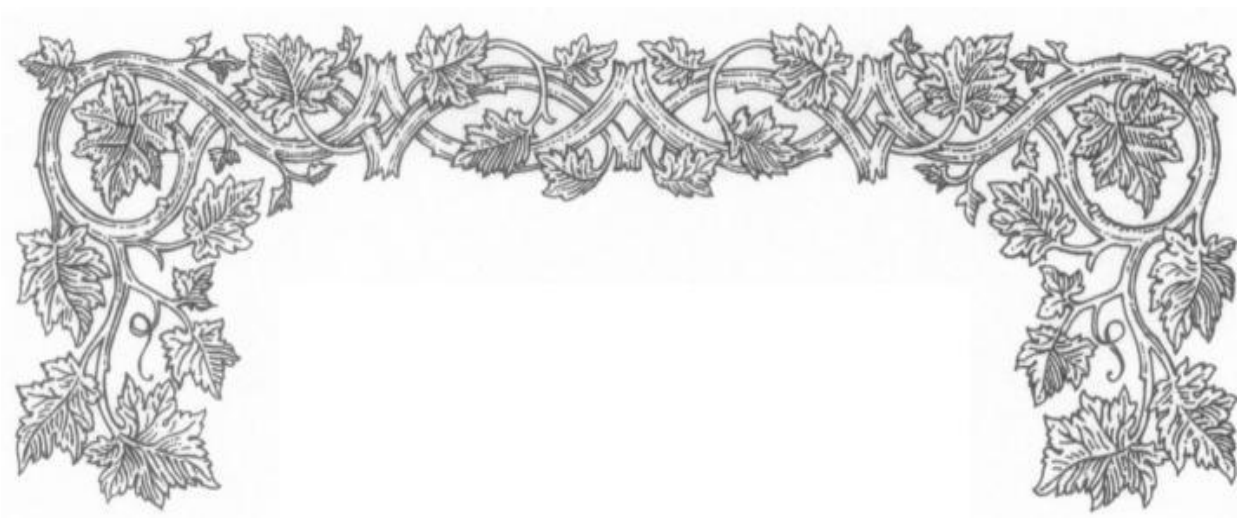
A: 0123456789 ABCDEFGHIJKLMNOPQRSTUVWXYZ0123456789ABCDEF
 a: 0123456789 ABCDEFGHIJKLMNOPQRSTUVWXYZ0123456789ABCDEF

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|--------------|----|----|----|----|----|----|----|-------|-----|--------|----|----|----|
| 2007 Jan. 26 | 41 | 42 | 37 | 48 | 18 | 30 | 40 | 42-43 | 199 | 43, 44 | 41 | 47 | 52 |
|--------------|----|----|----|----|----|----|----|-------|-----|--------|----|----|----|





ANTI-BOREDOM SPELL

If you feel you need some excitement in your life, just plant a flower seed in the name of Nephthys, Goddess of the Tomb. As you plant, say:

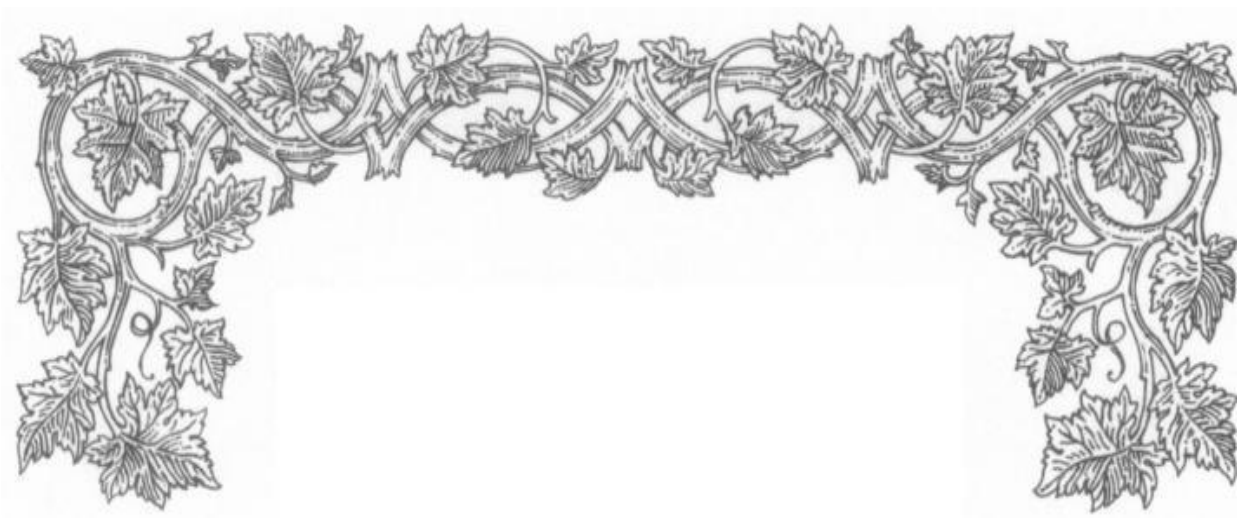
Clever Goddess of the Tomb Grow excitement in Your womb Bring surprises unto me As I will so mote it be

(Note: Be absolutely sure that you want change before doing this spell, for Nephthys has a strange sense of humor and often brings more excitement than one can imagine!)



Blank lined paper with horizontal ruling lines and dashed midlines for handwriting practice.





PIET PROTECTION SPELL

To protect dogs, cats,
and other collar-
wearing pets, just
loop a hematite ring
through the collar,
and chant:

By light of moon and light of day Be thou safe in work and play Be thou
happy and feel loved Protected by the Gods above



Blank lined paper with horizontal ruling lines and dashed midlines for handwriting practice.





NEW HOME PROTECTION

When claiming a new dwelling place, write the following words on a piece of paper and hang the paper over the front door to protect against thieves and burglars.

Who comes to me I keep Who goes from me I free Yet against all I stand
Who carry not my key



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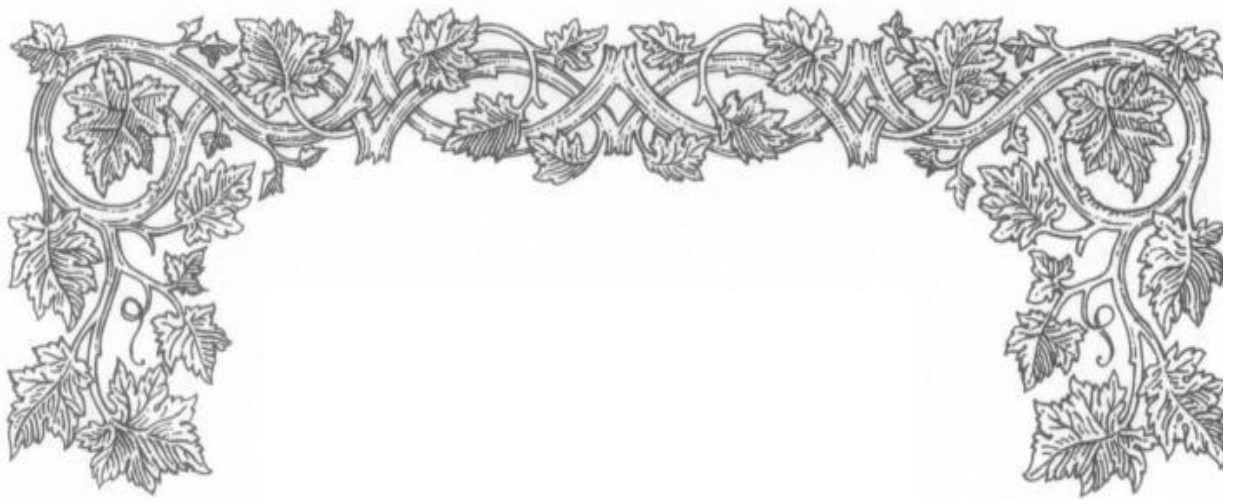
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JUSTICE SPELL

When legal matters
are a problem, or you
feel that you've been
wronged in some
way, invoke Hecate,
the Goddess of
justice, by chanting:

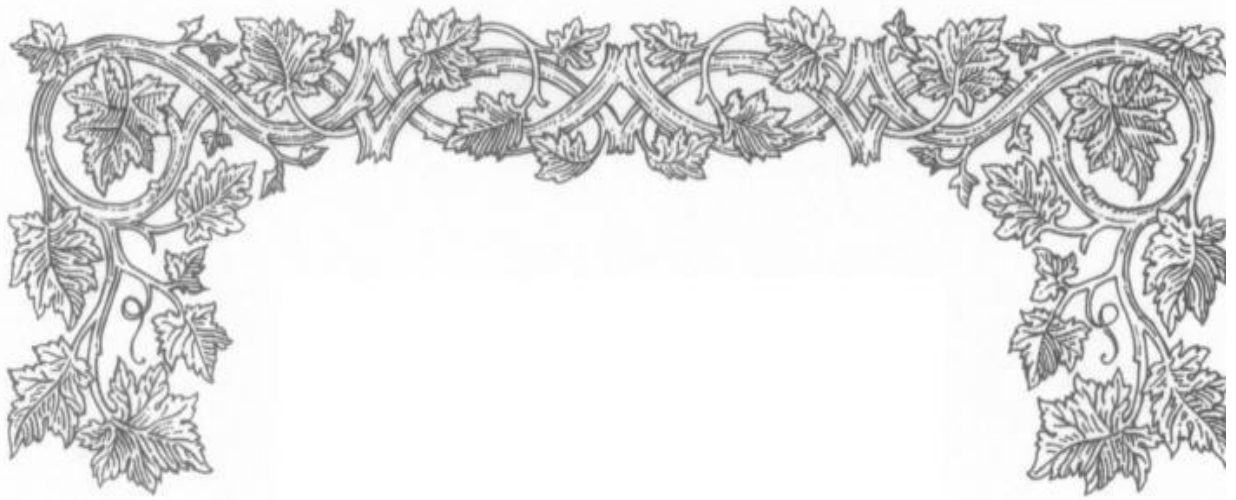
Keeper of what's just and right Come and save me from this plight Take
swift action-hear my plea Do now what I ask of Thee

Know that the
problem will be
resolved.



Blank lined paper with horizontal ruling lines.





MAGICAL SOLSTICE BOOSTED,

The most magically powerful time of the year falls at noon on the solstice days (the first day of summer and the first day of winter). For an extra boost to all spells performed on these days, close the magical efforts with the following chant. Your magic will absolutely soar into the Universe.

By Air, by Earth, by Fire, by Water By half, by cross, by season's quarter
Boost this magic-shell to core In double time and make it soar



Blank lined paper with horizontal ruling lines and dashed midlines for handwriting practice.





SPELL, TO GAIN ~I.SH PERSPECTIVE

When the moon is
waxing, gather
together a yellow
candle, some vanilla
oil, and a teaspoon of
thyme. Anoint the
candle with a bit of
oil, then roll it in the
thyme. Anoint your
temples with a drop
or two of oil, and
light the candle while
chanting something
like:

Ancients come from near and far Hear my call from where e'er you are
Propose, inspire, enchant, enthuse Until I am at last infused With new ideas
and clear directive Fill me with a fresh perspective

Let the candle burn
down completely.

[illegible]

| Sex | Sex diff. | 2005/06 | 2006/07 | 10 | 50% |
|--------|-----------|---------|---------|------|------|
| Male | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Female | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |

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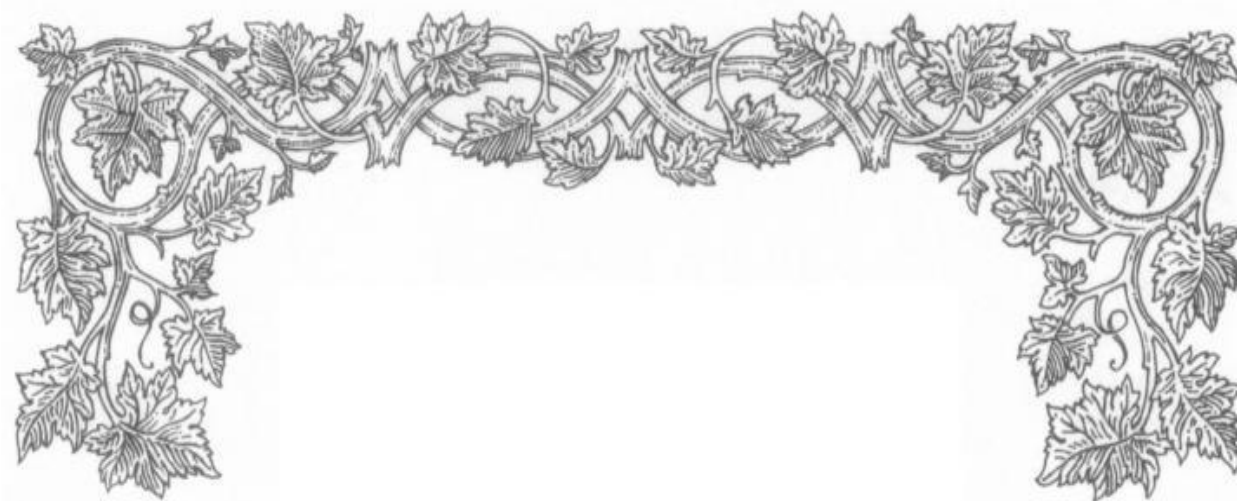


SPELL TO INCREASE PERSONAL CASH FLOW

During the waxing or full moon, hold a piece of aventurine in your dominant hand and concentrate on money flowing to you. Enchant the stone by saying something like:

Money come and money grow Into my wallet gush and flow And fill it to the very top Then keep on coming-never stop

Place the stone in your pocket or purse, and carry it with you constantly.



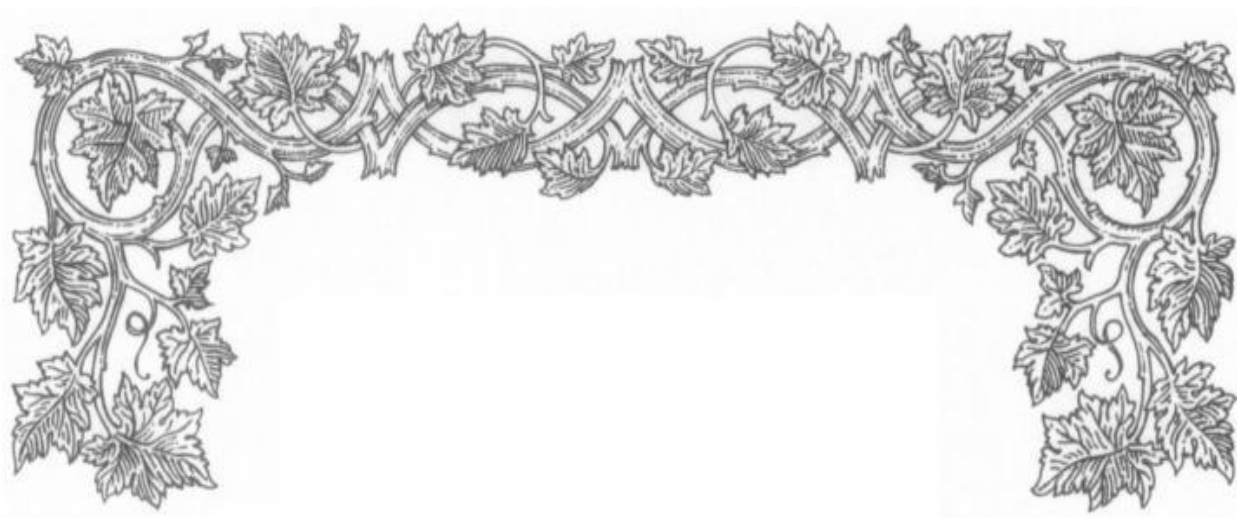
AUTOMOBILE PROTECTION SPELL

Using your finger, mark a pentagram over each tire. Then get behind the wheel and visualize a blue pentagram hovering over the vehicle with the top point directly in the center of the hood. "Stretch" the pentagram until it completely wraps the vehicle and its points meet in the center of the chassis. As you visualize, chant something like:

Star of magic, star of power Increase your potency with each hour Protect
this vehicle and me As I will, so mote it be







DAILY PRAYERJO THE GODDESS

Said on a daily basis,
this prayer not only
brings boundless
blessings from the
Goddess, but seems
to hold life's little
annoyances at bay.

Bless me, Goddess, on this day Help me as I work and play To reflect Your
beauty now Lend Your strength and please allow This day to be all it should
be In love I ask this. Blessed be!

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| Sex | Age | Height (cm) | Weight (kg) | Body fat (%) | Maximal heart rate (b/min) | Maximal power (W) | Maximal speed (m/min) | Maximal speed (m/s) | Maximal speed (km/h) | Maximal speed (mi/h) |
|--------|-----|-------------|-------------|--------------|----------------------------|-------------------|-----------------------|---------------------|----------------------|----------------------|
| Male | 22 | 178 | 75 | 12 | 185 | 1200 | 180 | 3.0 | 19.3 | 12.0 |
| Female | 21 | 165 | 60 | 15 | 175 | 1000 | 150 | 2.5 | 15.0 | 9.3 |

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GLOSSARY OF DEITIES USED IN THIS BOOK

Aegir: God of the Rolling Sea

Ancients: Term used for the Collective Godhead

Artemis: Goddess of Wild Places, Animals, and Hunting

Athena: Goddess of Arts, Crafts, and War

Carna: Goddess of Locks

Ceres: Goddess of Grain

Crone: Goddess of Wisdom and Death; third and eldest phase of the Triple Goddess

Domna: Keeper of the Sacred Stones and Cairns

Elena: Goddess of Paths and Roadways

Expedite: God of Missing Objects

Fortuna: Goddess of Luck and Good Fortune

Hecate: Goddess of Justice

Heimdall: Light-bearing God Who guides those traveling the bridge
between life and death

Hercules: God of Strength

Janus: God of Opportunity

Kali Ma: Goddess of Destruction

Libertas: God of Freedom

Loki: God of Tricks, Fun, and Mischief

Mars: God of War and Masculinity

Mercury: God of Communications, Business, and Travel

Minerva: Goddess of Arts, Crafts, and Wisdom

Muses: Goddesses of Inspiration

Nephthys: Goddess of the Tomb; also Goddess of Cleverness

Sarasvati: Goddess of Eloquence

Selene: Goddess of the Night and Moon

Syn: Goddess of Doors and Entrances

Thor: God of Lightning

Venus: Goddess of Love

Vesta: Goddess of Hearth, Home, and Fire

INDEX

A Blessing for Kitchen Herbs, 14

A Chant for Creativity, 16

Amulet, Charm, and Talisman
Blessing, 122

Anger Diffusion Spell, 128

Anti-Boredom Spell, 206

Anti-Doormat Spell, 158

Anti-Stubbornness Spell, 186

Anti-Weed Spell, 198

Anxiety Removal Spell, 154

Apathy Relief Spell, 156

Apple Love Spell, 190

Automobile Protection Spell, 222

Baking Spell to Obtain Wishes
and Desires, 18

Bath Salts for Love and
Romance, 124

Bird Seed Wish Magic, 92

Blessing for Privacy, 24

Bread and Grain Health Spell, 80

Chant for Better Communication
Skills, 32

Chant for Help During a Difficult
Task, 70

Chant for Inner Strength, 68

Chant for Inspiration, 48

Chant for Motivation, 102

Chant to Boost Candle Magic, 160

Chant to Regain a Sense of
Humor, 76

Chaos Removal Chant, 52

Daily Prayer to the Goddess, 222
Dandelion Spell for Psychic Power, 44
Drought Prevention Spell, 62
Earth Appreciation Spell, 22
For General Financial Gain, 6
From Foe to Friend Spell, 114
Full Moon Wish Spell, 164
Hearth and Home Protection
Spell, 194
Houseplant Growth Spell, 140
Justice Spell, 212
Knowledge Retention Charm, 182
Luck-Changing Chant, 196
Magical Solstice Booster, 214
Meal Blessing, 142
Minor Addiction/Bad Habit
Charm, 150
Morning Thanksgiving Prayer, 10
Multipurpose Freedom Chant, 82
Negative Energy Absorber, 172
Negative Energy Removal Spell, 152
New Home Protection, 210
Nightmare Removal Spell, 54
Ongoing Spell to Heal the Earth, 86
Personal Path Spell, 50
Personal Property Protection Spell, 58

Personal Space Blessing, 120

Pet Protection Spell, 208

Promise-Keeping Spell, 134

Protection Against Lightning, 168

Protection Bath, 66

Protection for Loved Ones, 138

General Protection Spell, 174

Quick Amulet/Charm Blessing, 166

Safe Travel Spell, 192

Salt Protection Spell, 64

Self-Confidence Spell, 204

Shower Spell for Emotional
Balance, 110

Simple Spell Binding, 42

Spell for a Special Need, 38

Spell for Grounding Scattered
Energy, 46

Spell for Healing, 40

Spell for Monetary Increase, 74

Spell for Personal Opportunity, 72

Spell for Personal Power, 34

Spell for Strong Family Bonds or
Lasting Friendships, 26

Spell to Aid in the Healing of
Colds or Flu, 136

Spell to be Rid of Mischievous
Spirits, 146

Spell to Boost Personal
Productivity, 162

Spell to Bring New Business, 100

Spell to Bring Rain, 36

Spell to Call the Fairies and Fey, 28

Spell to Change a Run of
Bad Luck, 78

Spell to Change Your Personal
Reality, 178

Spell to Communicate with Loved
Ones Who Have Passed Over, 84

Spell to Ensure Success when Signing
Papers, 94

Spell to Gain a New Job or
Promotion, 184

Spell to Gain Fresh Perspective, 216

Spell to Help the Seasons
Change, 106

Spell to Increase Finances, 202

Spell to Increase Personal
Cash Flow, 218

Spell to Increase Physical Energy, 170

Spell to Invite the Fey into Your
Home, 144

Spell to Keep from Running
Out of Gas, 30

Spell to Keep Love Alive, 148

Spell to Kindle Romance, 8

Spell to Prevent Mildew on Plants, 88

Spell to Remove Warts, 104
Spell to See Beauty in Life, 60
Spell to Stop a Troublemaker, 112
Spell to Stop Confusion, 90
Stone Spell for Prophetic Dreams, 2
Stone Spell to Restore Common
Sense, 116
Stress Removal Spell, 98
The Wishing Well, 20
To Calm the Nerves, 130
To Cleanse Stones or Jewelry of
Negative Energy, 118
To Determine if the Object of Your
Affections is True to You, 4
To Draw a Stinger from
Insect Bites, 96
To Gain Respect at Work, 126
To Locate Missing Objects, 176
To Protect from Danger, 200
To Reduce a Fever, 188
To See Past Lives, 56
To Ward Off Magical
Manipulation, 180
To-Do Spell, 132
Toast for Luck and General
Success, 12
Weight Loss Spell, 108

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PRINTED IN THE USA